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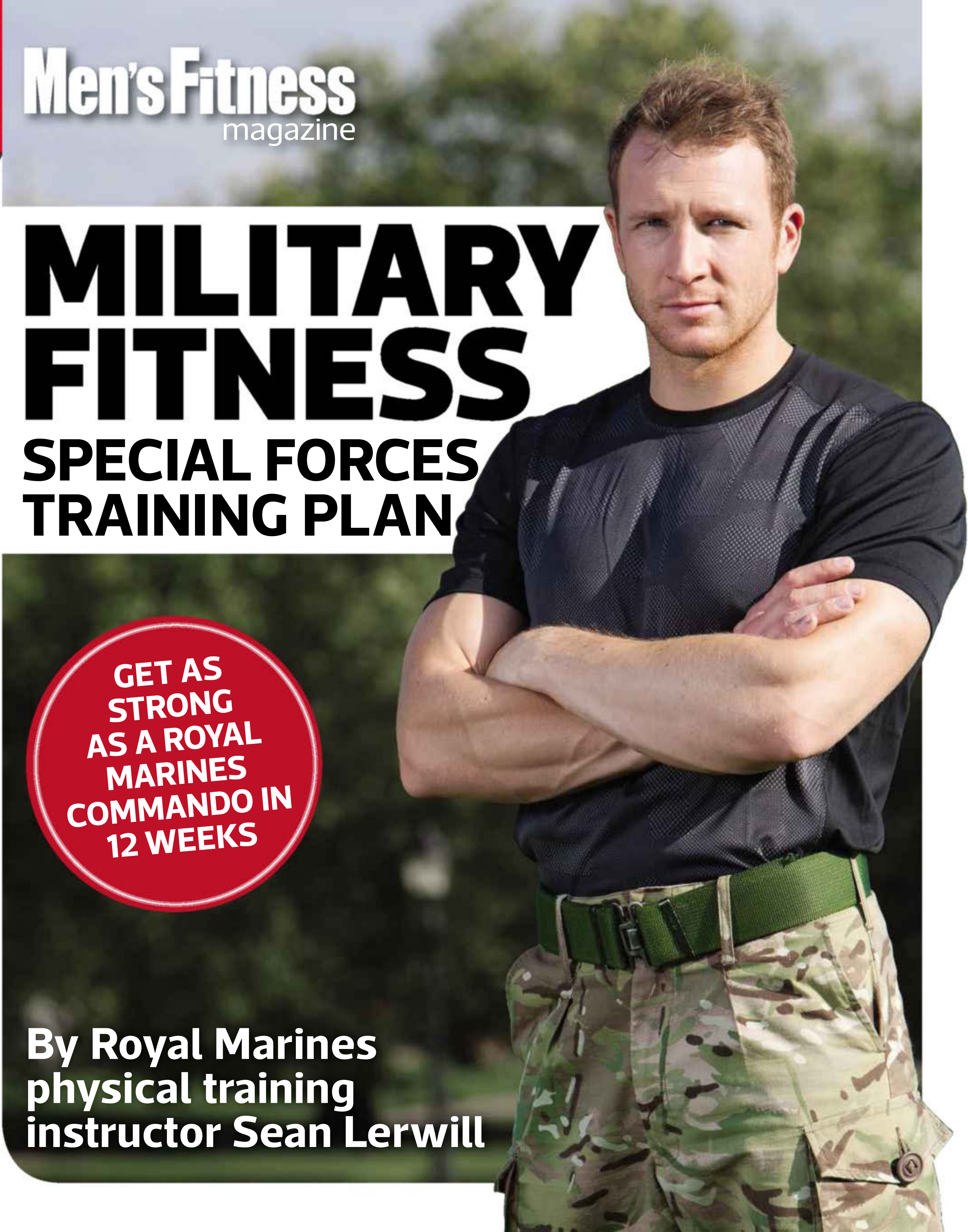
Men's Fitness magazine



# MILITARY FITNESS

## SPECIAL FORCES TRAINING PLAN

GET AS STRONG AS A ROYAL MARINES COMMANDO IN 12 WEEKS

By Royal Marines physical training instructor Sean Lerwill

Men's Fitness
magazine

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# FOREWORD

**Fast, powerful, ripped and resilient. That's the Royal Marines in a nutshell. I know this first-hand because I once had a go at their potential officer selection test and put myself through some of the exercises they do to get that way.**

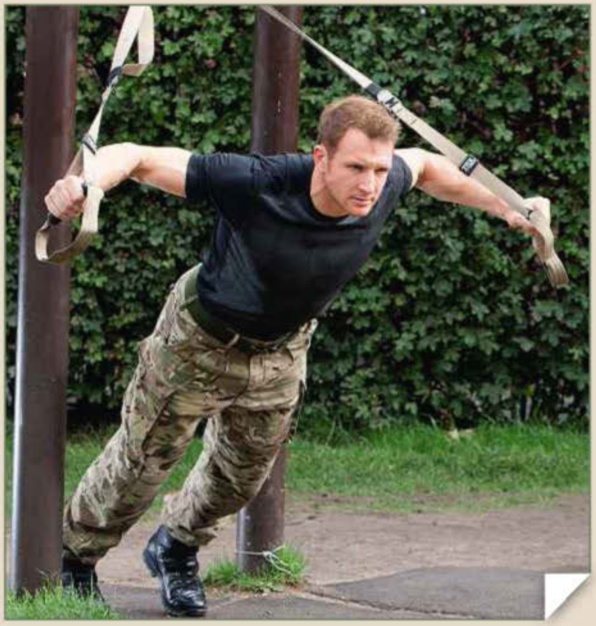
I fared pretty miserably, but I was so impressed with their training and the shape they were in that I wanted to see if we could get them to share some of their innovative protocols. This proved easier than I'd feared. We regularly shoot our tougher workouts with a fitness model called Sean Lerwill, and it just so happens that he used to be a Royal Marine physical training instructor – one of the guys responsible for coming up with and implementing the training that gets the Royal Marines in such good shape.

In keeping with my previous findings about the Marines, Lerwill has the explosive power of a powerlifter, the endurance of an elite runner and, obviously, a fitness model's physique. Most importantly, he was able to create a total-body muscle-boosting, fat-torching training programme based on what he'd learned in the forces.

This 12-week plan is light on kit so you can do it almost anywhere. It's easy to follow and hits every muscle group to help you build Marine-level fitness. To complement your training, Lerwill has also devised a simple nutrition plan that'll boost the potency of the workouts.

So turn the page and start your journey to getting the body of an elite soldier.

**Nick Hutchings**
**Editor, *Men's Fitness***



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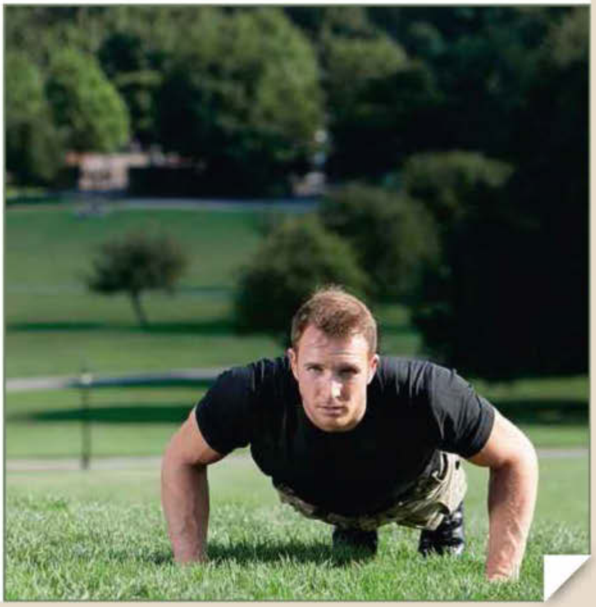


# ABOUT THE ROYAL MARINES

Sean Lerwill's years in the Marines taught him more than how to be fighting fit. Here's what the Corps is all about

**The Royal Marines are a commando force affiliated with the Royal Navy. They trace their origins to the formation of 'the Duke of York and Albany's maritime regiment of Foot', and the modern unit is a highly trained force that's capable of deploying at a moment's notice in support of Britain's military or diplomatic requirements overseas.**

## COMMANDO ROLE

The role of the commando in the modern military dates back to Winston Churchill's wartime demand for raiding forces to harass Nazi-occupied Europe after the evacuation of Dunkirk in 1940. Since the Second World War, the Royal Marines have developed a specific function as the UK's commando and amphibious force, undertaking operations in harsh environments from mountain to jungle, Arctic to desert. The Royal Marine Commandos are completely self-supporting and can work in these challenging locations at a level that other British forces can't.

The Royal Marines cap badge – the Globe and Laurel – still remains today, representing the Corps's ability to be prepared to fight and win anywhere in the world at the drop of a hat. The commando dagger is another emblem of the Royal Marines and appears on uniforms to signify a commando-trained soldier.

## COMMANDO ETHOS

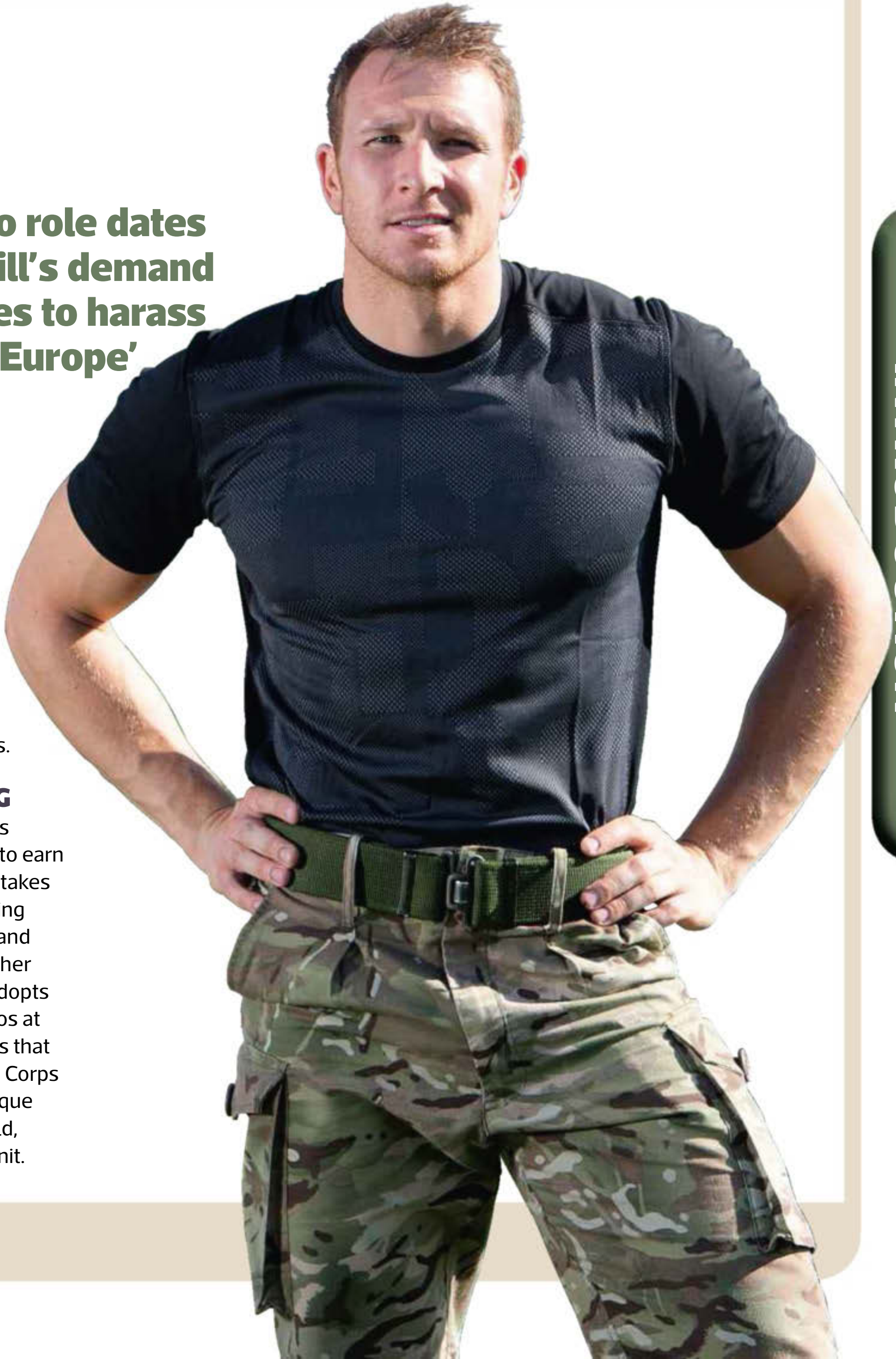
Being a Marine isn't all about warfare, though, and while physical strength and military prowess are essential, they don't fully explain the commando ethos of the Royal Marines. Simply put, an ethos defines what a given group does and how it does it. The Marines' ethos is in part defined by what's known as Commando Spirit. The four elements are:

- **Courage**
- **Determination**
- **Unselfishness**
- **Cheerfulness in the face of adversity**

Every recruit learns these key attributes during commando training. As well as these, the Royal Marines have another set of values that shape the way they work.

- **Unity**
- **Adaptability**
- **Humility**
- **Professional standards**
- **Fortitude**
- **Commando humour**

> **'The Royal Marine Commandos can work in challenging locations at a level that other British forces can't'**



‘The commando role dates back to Churchill’s demand for raiding forces to harass Nazi-occupied Europe’

These collective values combine with the Commando Spirit to create the Royal Marines ethos.

## COMMANDO TRAINING

Every Royal Marine undergoes intensive commando training to earn the coveted green beret. This takes place at the Commando Training Centre in Lympstone, Devon, and is the same for officers and other ranks, and means everyone adopts the shared Royal Marines ethos at the early stages. It is this ethos that enables every member of the Corps to take on the difficult and unique tasks often required in the field, as individuals or as part of a unit.

# TRAINING BASICS: HOW TO SUCCEED

## Before you get started, here are a few things you need to know about how to train like an elite British soldier

**For all-round fitness, special forces such as the British Navy's Royal Marine commandos are second to none. The average Royal Marine may not be able to bench press or squat more than the general gym-goer or run a marathon faster than a good running club member, but they fare well in CrossFit-type activities. Their cardio and muscular endurance abilities are first-rate, not to mention their mental strength, which is crafted during commando training and remains with them throughout every fitness session they undertake. This boils down to the intensity level at which they can work And it's intensity that's key to any transformation programme.**

This plan is different from most other transformation programmes. Why? Because military training is different. Military training focuses on functional fitness for the job at hand – preparing the body for the physical and mental stresses of war. In other words, it prepares the body for anything. Because of this, spending hours in the gym isn't the focus of this plan, although you can certainly do it at a fitness centre. The plan is designed to test your body in ways you may not be used to, using tempo, time under tension, calisthenics and intervals. This type of training may not get your bodybuilder levels of muscle or powerlifter-style strength, but you will get bigger, stronger and lot more durable. In short, it'll make you more like a commando.

> **'This plan is different to most other transformation programmes. Why? Because military training is different'**

However, this programme is similar to any other in what it takes to succeed. The Marine mantra 'That'll do will never do' will help anyone who undertakes it. The following are also essential:

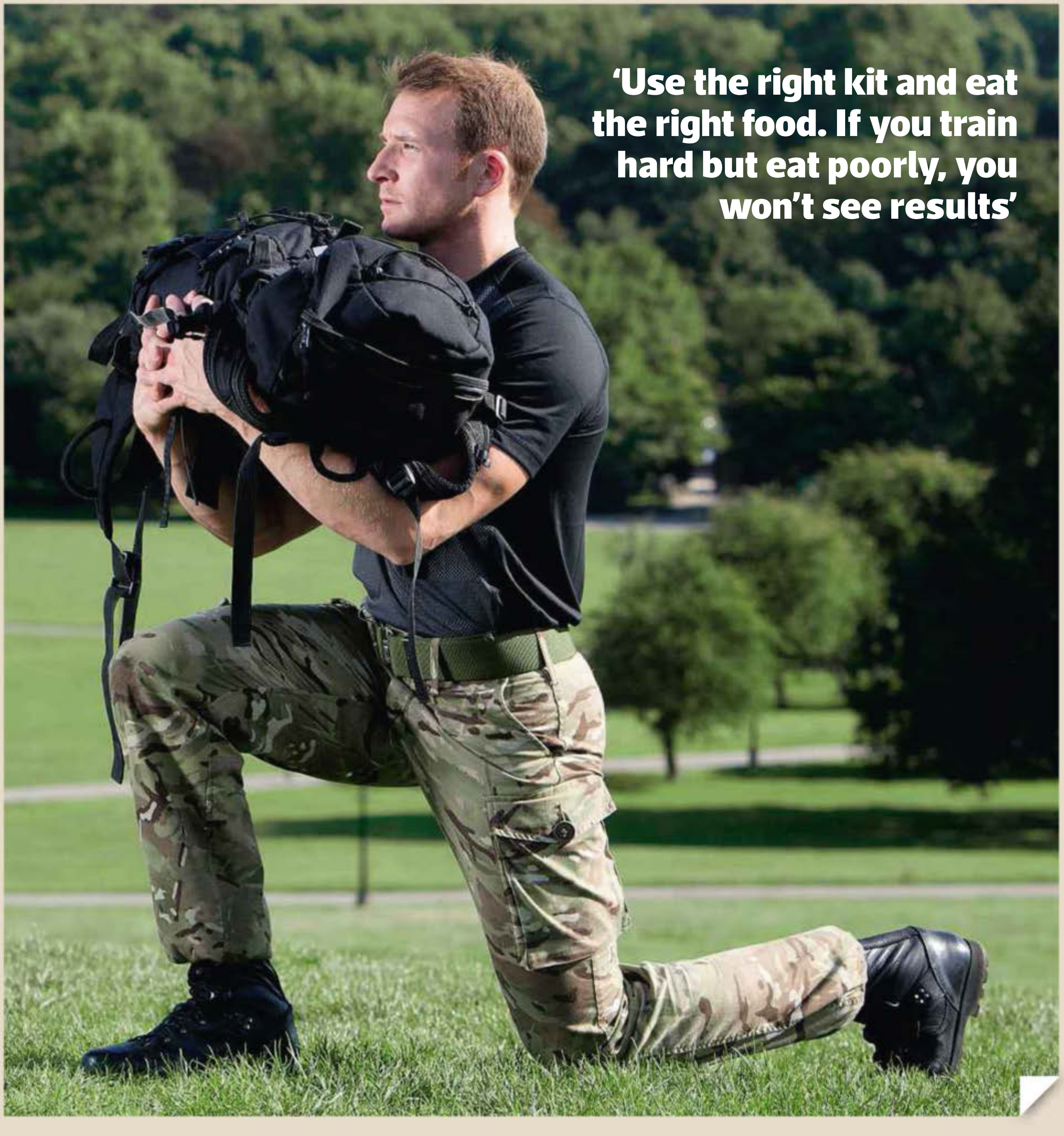
1 **Adherence to the plan.** It's a plan for a reason. Don't try to second guess it.

2 **Consistency.** If you're consistent, changes will occur. If you dip in and out, they won't.

3 **Progression.** Same session, same you. Make sure every session is harder than the last.

4 **Intensity.** Without intensity your sessions won't work your body hard enough for progress.

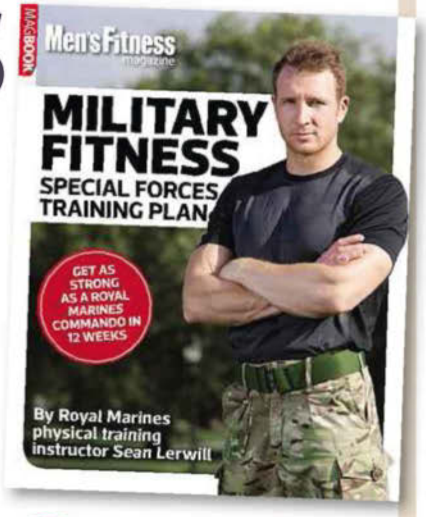
5 **Preparation.** Use the right kit and, more importantly, eat the right food. If you train hard but eat poorly, you won't see results.



'Use the right kit and eat the right food. If you train hard but eat poorly, you won't see results'

# WHY DO THIS PROGRAMME

Sean Lerwill explains the benefits of getting yourself Special Forces fit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By Royal Marines physical training instructor Sean Lerwill

**Although most of you reading this book and undertaking the programme won't want to join the forces, you can still reap the fitness benefits for the same reasons elite soldiers do.**

The Royal Marines Physical Training Branch motto is '*Mens sana in corpore sano*', which means 'a healthy mind in a healthy body'. Fitness training makes you feel better, physically and mentally. This isn't just anecdotal from people who like training – it has been proved countless times in scientific research, and it's why military forces the world over keep training. Generals and governments know that if you get your soldiers healthier, happier and fitter, they'll work harder and more effectively for longer.

Here are the specific physical benefits this programme will bring.

## 1 BOOST CARDIO

Regular training strengthens your entire cardiovascular system. Research has shown that the combination of weight training and cardio training significantly improves the body's ability to perform more arduous tasks. A Royal Marine is expected to carry out far more taxing tasks than a typical civilian, so it's easy to see why both cardio and weight training are imperative to the unit's success as an elite fighting force.

What's more, research has shown that high-intensity weight training actually boosts the work capacity of your lungs and heart more significantly than aerobic training, which is why you and the Royal Marines shouldn't rely solely on running!

## 2 BUILD MUSCLE

Anyone who's on the skinny side when they begin Royal Marines training is told to 'get down to the stores and sign out a proper chest' – the stores being the place where you pick up your kit: sleeping bag, combat trousers, water bottle and so on. For a Marine, having muscle isn't just about looking good on the beach or in a bar on a Friday night. It allows them to perform the task at hand. Simply picking up a burgen (backpack) weighing more than 50kg and putting it on your back requires considerable strength, let alone carrying it for hours, which means

> **'Both weight training and cardio training significantly improve the body's ability to perform more arduous tasks'**

## ‘Training with weights makes your bones grow more dense, helping to prevent injuries and breaks’

weight training is necessary for Marines, both for strength and size. They use a variety of resistance moves to work the muscles and force the adaptations needed to improve – whether that’s working out in a gym, using bodyweight exercises or fireman’s-carrying a mate to add resistance without gym kit.

### 3 STRENGTHEN BONES

Training with weights makes your bones grow more dense, helping to prevent injuries and breaks as well as warding off diseases such as osteoporosis later in life. Elite soldiers often ask their bodies to perform some pretty tough tasks in a fairly depleted state. Lack of sleep and food can make the body more susceptible to injuries, and because the body is often treated pretty poorly and with less regard for its safety, making it a little more resistent to breaks isn’t something to be sniffed at.

### 4 REDUCE BODY FAT

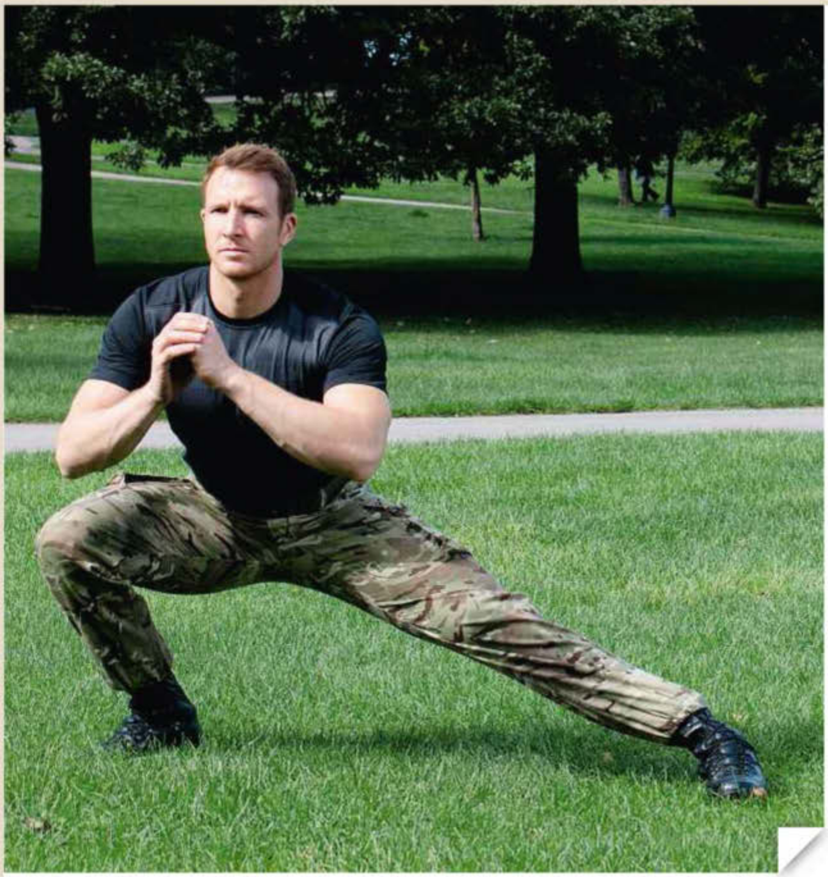
Former Special Forces sergeant Andy McNab, author of *Bravo Two Zero*, once wrote of the Royal Marines and members of the SBS (the Special Forces of the Royal Marines) that they were always tall, lean and good-looking. I’ve seen too many Marines first thing in the morning to agree entirely, but there’s no doubt that Royal Marines have less body fat than your average person.

This can be attributed in part to a lifestyle of fitness, and particularly resistance training. Studies have shown that regular weight training raises the basal metabolic rate (BMR) because it creates more lean muscle, which in turn requires more calories, helping to keep body fat low.

### 5 IMPROVE MOOD

Being a soldier isn’t the way it looks in the movies. It’s often a depressing existence that involves being away from home and family for long periods, seeing your friends get hurt or worse and – something that seems to be the biggest fear of most non-military people – being told what to do all the time. So it’s fortunate that fitness training is a great mood lifter. Not only is it something to do every day when you don’t have the usual distractions of TV, internet or a sex life to keep you busy, but watching your friend struggling with a circuit can provide light relief.

If that sounds vindictive, it’s not – it’ll be the same for them when you’re the one struggling and throwing up in the corner. What’s more, research has shown that



substances released in the body during exercise, such as endorphins, actually help people get over mild bouts of depression, so fitness really can make you happier.

## 6 INCREASE INTELLIGENCE

The idea that fitness training can make you smarter may sound surprising. But Royal Marines training and nutrition is overseen by the Institute of Naval Medicine and, as such, it is based on sound scientific research. And studies show that exercise increases blood flow to the entire body, including the brain.

This means more nutrients, including oxygen, are delivered to it, and research has shown that this can help improve problem solving, memory and logical thinking – all of which are paramount in the military, especially when you're operating with a lack of sleep, time pressure and physical discomfort.

## 7 BOOST YOUR IMMUNE SYSTEM

Being cold, wet, hungry and tired for a living isn't always fun, and while commandos can train their minds to cope with this, it's often the body that falls foul by getting ill or injured. Training can help here too. Studies have shown that those in the upper levels of fitness are far less susceptible to illness than the average person. For the leaders of elite military forces, it makes sense to keep the troops fit to ensure they have fewer 'sick days' when they're needed for battle.

## 8 REDUCE THE RISK OF DISEASE LATER

As with general sickness, fitness training has been shown to lower the chances of many diseases – not just things such as osteoporosis, mentioned earlier, but even some cancers – by as much as 40%. 'Mens sana in corpore sano' isn't just a platitude or even a fleeting benefit – it'll ward off health problems for years to come.

## 9 BECOME A SEX GOD

As you can imagine, a 'run ashore' (night out) is a very important occasion for the Royal Marines, and is often accompanied by a 'rig run' (fancy

# THE SESSIONS

Getting results isn't just a case of doing more, going faster or lifting heavier, as Sean Lerwill explains

## REPS

This is the number of repetitions of an exercise or technique you should aim to complete per set. One rep is the completion of an exercise from start to finish – for example, from the top position of a press-up to the bottom and up again. The number of reps you must do can be as low as one or as high as 50 depending on the session and your goals.

## SETS

A set is a group of reps that you perform consecutively without resting or stopping. It's usual to complete three sets of an exercise per session, but this can be lower or higher.

## WEIGHT

As you'd expect, this is the amount of weight or resistance you use. It can simply be your bodyweight – and for this Marine programme it often is.

## TEMPO

It's all too easy to forget about tempo, yet this is one of the most important factors for enabling specific changes to occur to the body. Tempo is the speed at which you lift and lower the weight – and fast and furious isn't better unless your sole aim is to build explosive power. The slower the tempo, the longer the muscles are under tension and forced to cope with the stress.

The time under tension is key to building muscle because more of it means more damage to the tissue, which is then repaired to become bigger and stronger. And you don't need heavy weights to get this effect, which is why this largely bodyweight programme will still change your shape. Tempo is written as a four-digit number indicating how many seconds you should take to lower, pause, lift and pause.

## REST

This is the amount of time you wait before going on to the next set. Rest is one of the factors you can manipulate to make an exercise more intense, which is essential for making progress. However, rest length also affects how your body adapts. Research has shown that resting for less than a minute between sets of resistance training drives the body towards lowering body fat, whereas resting for more than a minute encourages muscle growth by boosting the muscle protein synthesis pathway through a protein called mTOR.

With too little rest you won't complete the set with the desired weight, but with too much, the exercise will be too easy and won't trigger changes. It's a balancing act between weight, reps, tempo and rest – changing one will affect the others.

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# REP RANGES

### FOR STRENGTH AND POWER

## 1-5 REPS

Doing an exercise in which you can only complete this many reps will work the fast-twitch muscle fibres – those responsible for short power bursts. It also improves muscle-brain pathways, which can result in faster and more forceful reactions.

### FOR STRENGTH AND SIZE

## 6-8 REPS

Doing an exercise in which you can only complete this many reps will also work the fast-twitch fibres. Here you'll trigger some improvements in both size and strength, although less than if you focused on one of these elements.

### FOR STRENGTH AND ENDURANCE

## 13+ REPS

Doing an exercise in which you can only complete this many reps works the slow-twitch fibres and helps the body deal with the build-up of lactic acid. Working the 'lactic threshold' is important for Royal Marines because they have to perform tasks such as climbing a mountain with a 40kg pack on their backs, which really makes the legs burn. You'll also see some muscle size gains.

### FOR MUSCLE MASS

## 9-12 REPS

Doing an exercise in which you can only complete this many reps puts your muscle under tension for 40-70 seconds per set. This has been shown to elicit the most effective conditions for muscle growth. The rep range ensures that the weight is heavy enough to induce failure but not so heavy that you will lose form.

### TIME

The amount of time you spend on each set is crucial. A set of nine to 12 reps should take around 45sec, which means using a tempo of 3-4sec for the eccentric (lowering) phase and 1-2sec for the concentric (lifting) phase. If all else fails, time your sets and work to a good tempo with good form for 40-45sec.

As for the length of the whole session, people have been arguing for years about what the perfect amount of time is to get the best body composition. For a Marine, though, the goal is simply to get the job done. Don't worry about what you've heard you're supposed to do. If your interval session guide tells you to warm up and do two Tabata sets, and it's all over in 15 minutes, that's it, you've finished. If your upper-body resistance session takes 57 minutes, so be it. Don't worry too much. Just have a plan of what you want to achieve, and make sure you work with intensity while you're doing it.

### FORM

The form is the correct way of performing an exercise. From page 109 onwards you'll find a series of guides that show you how to complete each exercise, both to ensure your safety and to get the right muscles working in the desired way. If the weights you use are too heavy for you to manage, you won't be able to maintain correct form or use the desired tempo. A good tip is to ignore everyone else in the gym or park and lift your own weight with perfect form and timing. If you do this, you'll surpass their gains while they're still struggling to bench press a certain weight because they've decided that's what will make them a real man.

### PERIODISATION

A periodised training programme is one that has been structured into phases that make sure the body is increasingly challenged to provoke the desired changes. Periodisation has been shown to elicit the best changes from individuals training for a specific goal. A periodised programme can be anything from four weeks to a year long and contains various phases or programmes that fulfil particular goals, such as strength, hypertrophy, stamina, recovery and so on. The content of each phase depends on the aim of the training programme as a whole. For example, the programme in this book is designed to transform your body from average Joe into a low-body-fat, lean-muscled Green Beret commando. Because this is a tall order, it's been designed to push the muscles so that they continually adapt to rep ranges. This should spark hypertrophy (muscle growth) as well as pushing your stamina and endurance with high-intensity cardio and resistance interval sessions to reduce your body fat.

### FAILURE

Failure is necessary. You didn't expect to see that in a fitness book written about Royal Marine Commando fitness, did you? Well, this might be the only time

> **'Ignore everyone else and lift your own weight with perfect form and timing. If you do this, you'll surpass their gains'**

when it's not only acceptable but required. Without failure, you won't get your muscles to develop and grow the way you want them to.

The aim is to perform the reps of each exercise with perfect form using the given tempo until you fail. Failure should happen at the end of the given rep range. If it doesn't, the weight you're using is too light (or if you're using bodyweight, the tempo is too fast or the rest period too long). It's a balancing act, as mentioned earlier, but whatever else you do, you have to work to failure or you won't see results.

## REST DAYS

R.E.S.T – Recovery Equals Successful Training. Your muscles don't grow in the gym, they grow afterwards while they're recovering. When you train, you damage the muscle, and that's the point. That's why you ache the next day or a few days afterwards. You have created micro-tears that need repairing with amino acids – the building blocks of protein. If you train the same area again too soon before it's recovered, you won't get the growth you want.

Equally, if you work hard in the gym but don't eat enough of the right food, your muscles can't be repaired bigger and stronger because your body lacks the raw materials. The bottom line: train, eat, recover, train again. That doesn't mean you can't train every day. It just means you should avoid training legs two days in a row.

# TRAINING PROTOCOLS

Harness the power of different training methods to see amazing results

**There are various training protocols or methods available for triggering muscle growth. Here are some that the Marines use and that you'll find in this book.**

## 1 DROP SETS

With drop sets you finish your usual set and then reduce the weight you're using by 20-30% and perform up to the same number of reps again. It's usual to perform two drops, so after the second set you reduce the weight by a further 20-30% and perform a third set.

This is obviously difficult with bodyweight exercises unless a 'regression' is available. For example, after reaching failure – the point at which you're unable to complete any more reps with good form – in a set of press-ups, drop to your knees to perform knees-rested press-ups and continue to failure again.

## 2 REST/PAUSE SETS

These are similar to drop sets, in that you usually do two further sets rather than just one, but the weight stays the same. After the first set, rest for 10-15sec, then perform as many more reps as you can with the same weight. Rest again for 10-15sec and again perform as many reps as possible with the same weight.

Ten, six and four are good numbers to aim for if you are using a weight for nine to 12 reps to start with. The rest/pause protocol is perfect for bodyweight exercises such as the ones in this book because you always use the same weight.

## 3 PARTIAL REPS

Here you perform your set to failure with full reps using as near to perfect form as you can. However, once you fail, you perform partial reps in the easier area of the move. Every exercise has a sticking point: the area where it's harder, such as the lowest part of a squat or pull-up. When you can no longer perform a full rep, do a few partial reps to take the muscles past failure. Partial reps at the beginning of a set are never acceptable – you're either being lazy, lifting with your ego or you have an injury. Do it properly.

## 4 FORCED REPS

As with partial reps, when you do forced reps you go to failure, but instead of performing partials, you perform full reps with a training partner to help you through the sticking point. This lets

> **'Forced reps are great for improving pull-ups – the cornerstone exercise for Royal Marine Commandos'**

you force out a few more reps and the muscles adapt to the stimulus, increasing strength, endurance and hypertrophy over time. Forced reps are great for improving pull-ups – the cornerstone exercise for Royal Marine Commandos and the one that so many people seem to fear or dread.

## 5 SUPERSETS

A superset puts two exercise back to back to work opposing muscle groups, such as press-ups and chin-ups or biceps curls and triceps extensions. The idea is to perform both exercises without rest, then rest between the supersets.

## 6 COMPOUND SETS

These are similar to supersets, but instead of working opposing muscle groups, you do two moves that exercise the same muscle group, such as dips and press-ups or overhead presses and lateral raises. It's always best to perform the larger or compound exercise first – in other words, the exercise that involves more weight and works more muscles.

## 7 TRI-SETS

Tri-sets are like supersets but with three exercises rather than two, such as overhead press/upright row/lateral raise. As with compounds sets, it's best to perform the heaviest or compound set first and move through the exercises in descending order of weight and size or number of muscles exercised. Giant sets are the same but you perform four or more exercises back to back without rest.

## 8 TABATA

This is a form of high-intensity interval training where you work at close to maximum intensity for 20 seconds followed by 10 seconds of rest. Repeat seven times for a total of four minutes.

## TRAINING SPLIT

**This refers to the way you divide exercises to train different parts of the body. Marines often train twice a day: group cardio in the morning such as a low intensity steady-state (LISS) run, high-intensity interval training (HIIT) or a circuit, and then sport or weight training in the evening. But many people can only train two or three times a week. If so, unless those three days are back to back, a full-body split makes the most sense.**

**If you train every day, though, you need to give your muscles time to repair. Splitting the body into groups makes it easier. There are various splits to choose from.**

**Upper/lower split Work your upper body one day and lower body the next, followed by a rest or cardio day. Then repeat.**

**Push/pull/legs split Do push movements one day (such as press-ups, shoulder presses or triceps press-downs), pull movements the next (pull-ups, upright rows, lat pull-downs) and legs the next. Rest or just repeat.**

**Individual/grouped muscle split There are many ways to do these splits, such as chest/triceps, back/biceps, shoulders/abs or legs/shoulders, chest/back, arms/calves/abs. Variation is key, so use a split for a set period then change it before the body gets used to it.**

# TRAINING TIPS

Want to train more effectively? Follow this advice to maximise your gains and make the most of your time

## GET A PARTNER

The Royal Marines is like a big family. Before new recruits start their training they're told: 'you won't get through as individuals. You need each other and you'll make it as a group.' Anything tough is easier if you have others to share the discomfort with, find the humour and make light of the situation. Even the most focused, driven people struggle to train to the same level alone as they can with a partner encouraging them or providing competition.

If a training programme says 9-15 reps and it starts to hurt at 10, you might stop, but a partner (who hasn't felt how tough it is yet) will encourage you to do 11 or even 12. You've already surpassed what you would have done on your own. Your partner will then do 12 too, because they won't want to let you down or appear weak. You have both worked harder than you would have done individually. Your partner can also ensure that you do everything properly, with correct form, and they're there to help with forced reps, which is something you can't do alone.

## TIME YOURSELF

Use a watch, stopwatch or smartphone app to get a grip of time: whether you're timing the length of your sets (40-45sec is optimal), the total length of a session (best kept under 60 minutes for the ideal balance of testosterone, growth hormone and cortisol) or, most important of all, your rest times. Too many people guess their rest times, but it's as important as the weight you lift and the number of sets you do, and you wouldn't guess those. So next time someone comes over and starts chatting, explain to them that you need to keep your mind on timings and don't want to get distracted.

> 'Too many people guess their rest times, but it's as important as the weight you lift and the number of sets you do'

## MONITOR PROGRESS

Marines have to do a report for every patrol they go on. This isn't just so those above them can read and understand what's going on, it also allows the commander and his team to look back, understand and learn from past patrols. You need to approach training in the same way: log your weights, rest times, tempo, reps completed and sets completed, as well as how you felt, whether you'd had a bad day at the office, if you slept less than usual. All this information can help you paint a picture, and if you're not making progress, you can work out why. Besides, how can you progress your training if you don't know what weight you lifted and for how many reps? Monitor it and you'll surpass you goals.

## STICK TO THE PLAN

When you start a session, especially if you're following a programme such as the one in this book, you have a plan. As with a commando operation, when training you need a plan, a scheme of manoeuvre and a set of orders that you must then follow through. Don't get to the gym and decide that you don't fancy doing legs today so you'll hit chest and biceps again despite doing them yesterday, or go for a 30-minute jog because that girl you spoke to last week is on the treadmills. Stick to the plan: unless you're injured, do the session you came to do. Equally, don't add extra at the end because your friend has arrived and is doing chest exercises and wants you to join in. Think of it as like a commando raid: have your plan, get in, get the job done, get out.

## BE FLEXIBLE

A plan is essential, but you also have to be flexible. Every set of commando operational orders has 'Actions On'. This means action to be taken in the event of something unforeseen occurring, which enables you to be flexible without contradicting your orders or your plan. For example, it might be leg day, but when you get to the gym the only squat rack has a group of five guys hogging it (probably doing 20-odd sets of half squats with 200kg and bad form).

You have three choices. You could ask to join in, which isn't ideal as there are too many of them and your rest times will be affected. You could perform a different session, such as chest/back (unless you did it yesterday) and save legs for tomorrow. Or you could do a different legs exercise, such as split squats with dumbbells, and do your squats at the end of the session. It's not ideal and you may have to lower the reps or weight, but being flexible will enable you to complete your sessions no matter what.

## REMEMBER TO BREATHE

It's common for people to hold their breath when they first get into training. It's a natural way of tensing the body against something that's shocking it. The problem is that exercise requires oxygen to get to the muscles so they can do what they're designed to do. Holding your breath stops oxygen getting into the body. Simply put, you need to breathe. Aim to breathe in as you lower a weight and breathe out in a controlled manner through pursed lips as you raise it. The same applies for bodyweight exercises.

## BE CONSISTENT

If you're not consistent you won't succeed at this training programme. You need to be consistent in everything, from the amount of sleep you have and the kinds of food you eat to when you eat, how much water you drink, when you train, the intensity of your training and so on. The more consistent you are, the more likely you are to see superior results.

## MAKE IT HARDER

Without making workouts progressively harder your body won't grow. You'll simply be doing 'maintenance phys' – just keeping on the right track and maintaining what you already have. That's not good enough. You want to excel, which means you must keep progressing. For resistance training this means increasing the weight you use every session, if possible, or at least every three to four weeks. Never go up by more than 2.5% between sessions (unless it was far, far too easy the first time).

Over three to four weeks, aim to increase the weight by 10%. For bodyweight movements, either increase the tempo, change the exercise to a harder version, decrease the rest or use a protocol such as rest/pause to ensure failure and progression.

## KEEP THE INTENSITY UP

If there's one piece of advice you should take from the Royal Marine Commandos it's that training intensely leads to results. Without intensity you're wasting your time. You won't see results and you'll get depressed with the lack of change. You have to stimulate your body to change, so train intensely using drop sets, rest/pause sets, failure, hard tempo and effective rest periods.

This book tells you what to do if you want to train like a commando and become fitter, firmer and less flabby, so your exercise selection, reps and sets, tempo and rest days are all outlined. However, the effort and intensity you put in is up to you. If you continually challenge your muscles by increasing the intensity – manipulating the weights, rest, reps, sets or tempo – you will force adaptations in the muscles while burning body fat.

## DON'T NEGLECT THE LEGS

If you're a Royal Marine, having weak legs is not an option. They carry you and your heavy kit wherever you need to go. But too many guys concentrate on the mirror muscles – chest, biceps and abs – and neglect their legs in the belief that a good upper body is what counts with the ladies. But are they really likely to be attracted to someone who looks like an orange on two toothpicks? Squat, deadlift, lunge, split squat, box jump and step-up your way to big quads, calves, hamstrings and glutes for a more balanced-looking body.

If the 'nice arse' argument doesn't convince you, what about the fact that training legs once or twice a week increases the release of growth hormone and testosterone more than any other type of training? Not only does it make your other muscles grow bigger and faster, but it also helps lower your body fat because the extra muscle in those large muscle groups raises your BMR. Simply put, train legs to reveal your six-pack and grow your muscles.

## ACHIEVE BALANCE

Hand in hand with leg training comes keeping the body in balance. Don't overtrain one area unless it's lagging behind other areas and needs special attention. If that's the case for you, whether it's from years of poor training or poor form, seek professional coaching. For everyone else, try to keep the same number of sets each session for opposing muscle groups.

For example, if you do five sets of press-ups for your chest, perform five sets of pull-ups for your back. If you do four sets of biceps curls, do four sets of triceps extensions and so on. If you maintain balance, your body will thank you for it – and will be more aesthetically pleasing.

## KNOW YOURSELF

Do you know yourself? Are you self-aware? By the end of their training, once they've earned their green beret and become commandos, most Royal Marines will be far more self-aware than they were when they started. They'll appreciate their strengths and weaknesses at work, in the team, at home with family, on a night out and in the gym. Attempt to get to know yourself. Ask friends and family, analyse some of the things you do. Are you more likely to under train or overtrain? To eat too few carbs or to have a sneaky biscuit? To skip leg day or hammer your lower body with four leg days in a row?

It's not always so black and white, but a little self-analysis can allow you to see where you fail and why, and where possible it can help you negate the possibility early on. Know thyself - it can pay dividends.

### LOSE THE EGO

There's no room for ego in the Royal Marine Commandos. Arrogance is not an admirable trait, yet confidence is absolutely encouraged. The two are completely different, but the line can be easily crossed. There are plenty of people in the fitness industry whose egos are far too big for what they've actually achieved. Don't be one of them. Just because you've trained hard and can deadlift twice your bodyweight, it doesn't make you special. There's still someone who's better than you, fitter than you, stronger than you.

The best advice is to train yourself for improvement, not for praise. Lift your own weights at your own speed and tempo for your own number of reps and sets and take the appropriate amount of rest. Ignore everyone else and get on with what you're doing. There's a sense of relief and satisfaction that goes with allowing yourself to do that.

### HAVE A GOAL

Always have a goal. Simply 'training' has no purpose other than to use up some time, allow you to socialise and perhaps make you feel better about yourself. Remember, 'that'll do will never do', so make sure your have a specific goal. Not just 'get bigger' but 'add 5kg of muscle'. Not just 'get leaner' but 'be under 10% body fat'. Not just 'get stronger' but 'bench press twice my bodyweight'. Whatever it is, write it down and work towards it.

You may find it useful to remember the acronym SMART. Your goal should be Specific (not just bigger, but by how much and where?), Measurable (bodyweight, chest measurements), Achievable (if you weigh 60kg today, being 90kg in three months isn't achievable), Realistic (if you've never run a 5K, you're unlikely to run a sub-three-hour marathon in two months), and Timed (always set a time limit, otherwise the natural human tendency to push things back and let other things get in the way takes over).

> **'Always have a goal. Simply "training" has no purpose other than to use up some time and allow you to socialise'**

### TAKE INJURIES SERIOUSLY

Injuries happen when you train hard and push the intensity. They're are a part of life for elite soldiers, which is why organisations such as the Royal Marines have top-level rehabilitation instructors and set-ups to rival those of Premier League football clubs. Most of us don't have this luxury, however, so we have to be sensible about what we're doing and avoid possible injuries.

First of all, warm up and down properly. Many injuries occur due to the lack of an effective warm-up. Second, if something hurts, stop. Many of us learn this the hard way. Pain is the body telling us something's wrong so reduce the weight, check your form and work it out. If it keeps hurting, stop and seek medical help. Third, eat properly, get enough sleep and take rest days; those three things help ward off injury. Finally, if you pick up an injury, rest. Take the time off, perform the rehab movements necessary to come back. Then re-enter training gradually, not with a big two-footed jump back to where you left off.

### BE POSITIVE

Positivity breeds positivity, so a positive mindset can do wonders not only for your training but also for your life in general. Royal Marines have a commando ethos (see p9) that dates back to the Second World War. For commandos then and now, remaining positive especially in dark times is imperative.

Next time you're thinking of skipping a session or you feel nervous about leg day, just remind yourself why you started this and imagine the feeling of elation after the session. If that doesn't work, think of earning that cheat meal. Whatever it is, be positive and it will make the whole process better.

# TRAINING MYTHS

To train effectively you need to be able to separate fitness fact from fiction. Here are some of the most popular myths

### CARDIO TRAINING IS BEST FOR FAT LOSS

Look around your local gym or park. How many overweight people are doing cardio training compared with resistance exercises? Cardio training seems to be the default exercise for those who want to lose weight, but it shouldn't be. Now look at the people doing cardio and those doing weights (male and female). Who has less body fat? Really look. The marathon runner may be skinny but does he or she really have less body fat than the couple training with squats and deadlifts?

Resistance training is better for creating a lean, muscular body. The real attraction of cardio training is that it's easier, both in how complicated the moves are (deadlifts and cleans often confuse new gym users) and in the effort required (think of a 20min run compared with 20 minutes of squats and walking lunges). Don't fall into this trap. Train intensely with weights and you'll spark muscle growth and fire up your body's capacity for burning fat. Combine this with a sensible diet and the blubber will just fall off.

That doesn't mean you shouldn't do any cardio training: one or two fast-paced morning runs a week will chip away at the body fat even more. Your priority, though, should be resistance training, as well as some intervals (HIIT) for added metabolic changes.

> **'Cardio training seems to be the default exercise for those who want to lose weight, but it shouldn't be'**

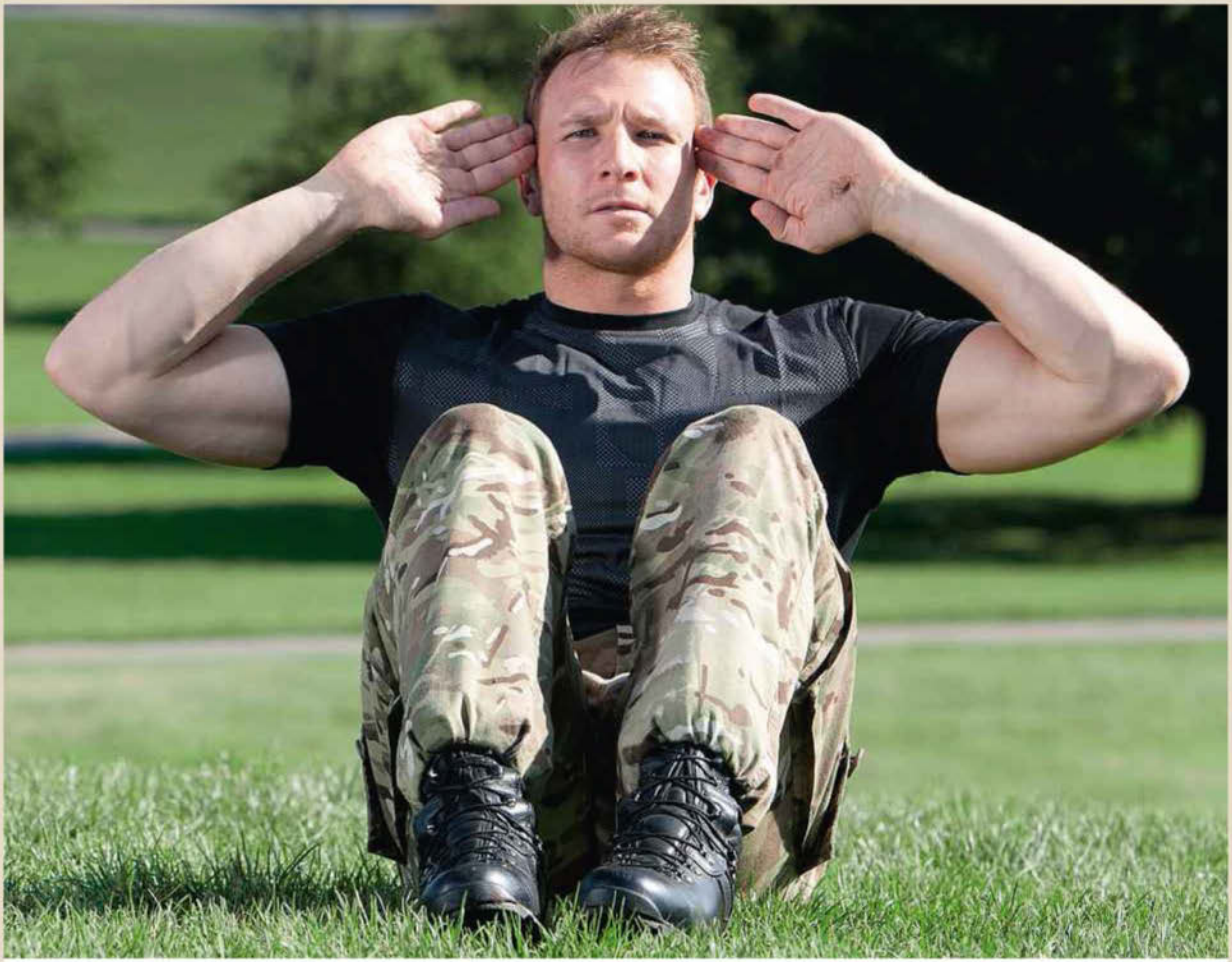
### FAT CAN BE TURNED INTO MUSCLE

There are people who genuinely believe that fat can somehow be 'firmed' or turned into muscle. Even worse, some people say they don't want to grow muscle for fear that if they stop exercising it will turn to fat. This is impossible. Fat and muscle are completely different. It's like worrying about buying a dog in case you don't have time to take it for walks and it turns into a cat.

Muscle is active metabolic tissue that the body creates in response to stimulus, and that muscle tissue burns calories. Fat, on the other hand, is excess energy from food that's been eaten but isn't needed, so the body stores it. Besides both being on our bodies, the two are unrelated. When people say they want to 'tone' or 'firm up', what they mean is that they want to be able to see their muscles. To do this, the muscle tissue must increase and body fat decrease – a simple body compositional change or transformation.

### LOTS OF CRUNCHES WILL GIVE YOU A SIX-PACK

If you can't see your abs it's because there's a layer of fat over them. As we've seen, you can't turn fat into muscle, and the body doesn't respond well to 'spot reduction', which is an attempt to exercise a particular area to remove fat from



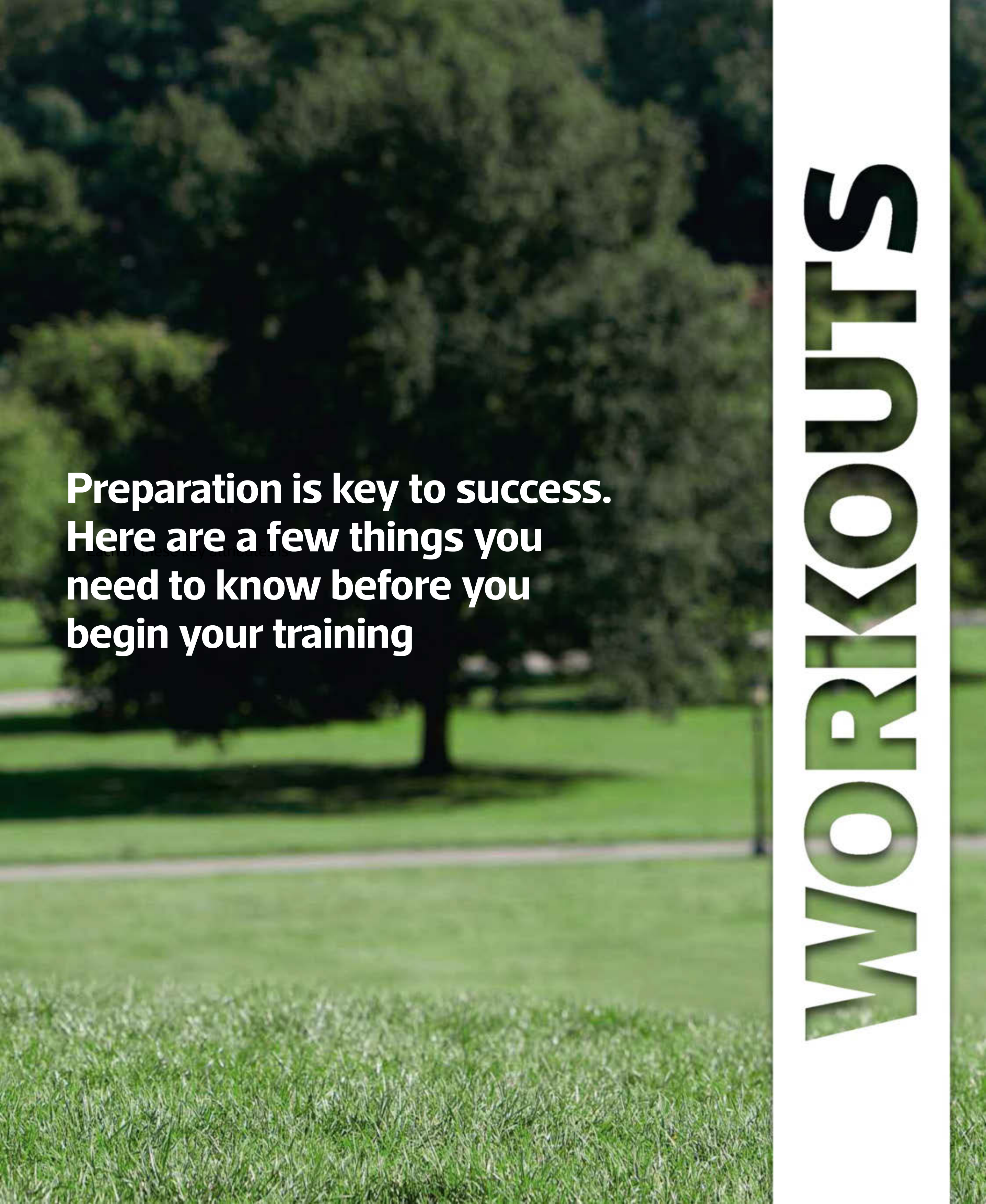
there specifically (although it may increase blood flow and perhaps aid the removal of damaged cells and provide more nutrients).

A better approach is to reduce your store of body fat in general, especially as fat on the abdomen often seems to be the last to go. Eat a sensible diet and do resistance training, especially with the legs, to build metabolic muscle tissue and reduce excess body fat. Another Marine favourite: KISS, Keep It Simple Stupid.

## USING FREE WEIGHTS CAUSES INJURIES

Like any activity, from cycling to walking down the stairs or opening a can of beans, using free weights can cause injuries if you're not careful or don't do it properly. Don't lift weights that are too heavy for you. Progress slowly, but surely. Always use correct form and favour a slow tempo and extra reps over heavy weight and bad form. That way you're less likely to get injured.

# WORKOUTS



Preparation is key to success. Here are a few things you need to know before you begin your training

# BEFORE YOU GET STARTED

Don't go off half-cocked. Make sure you've got everything you need before you begin and you'll avoid problems later

> 'You need a way to track the progress you're making so you can be sure you'll achieve your goal in the given time'

## TRAINING DIARY

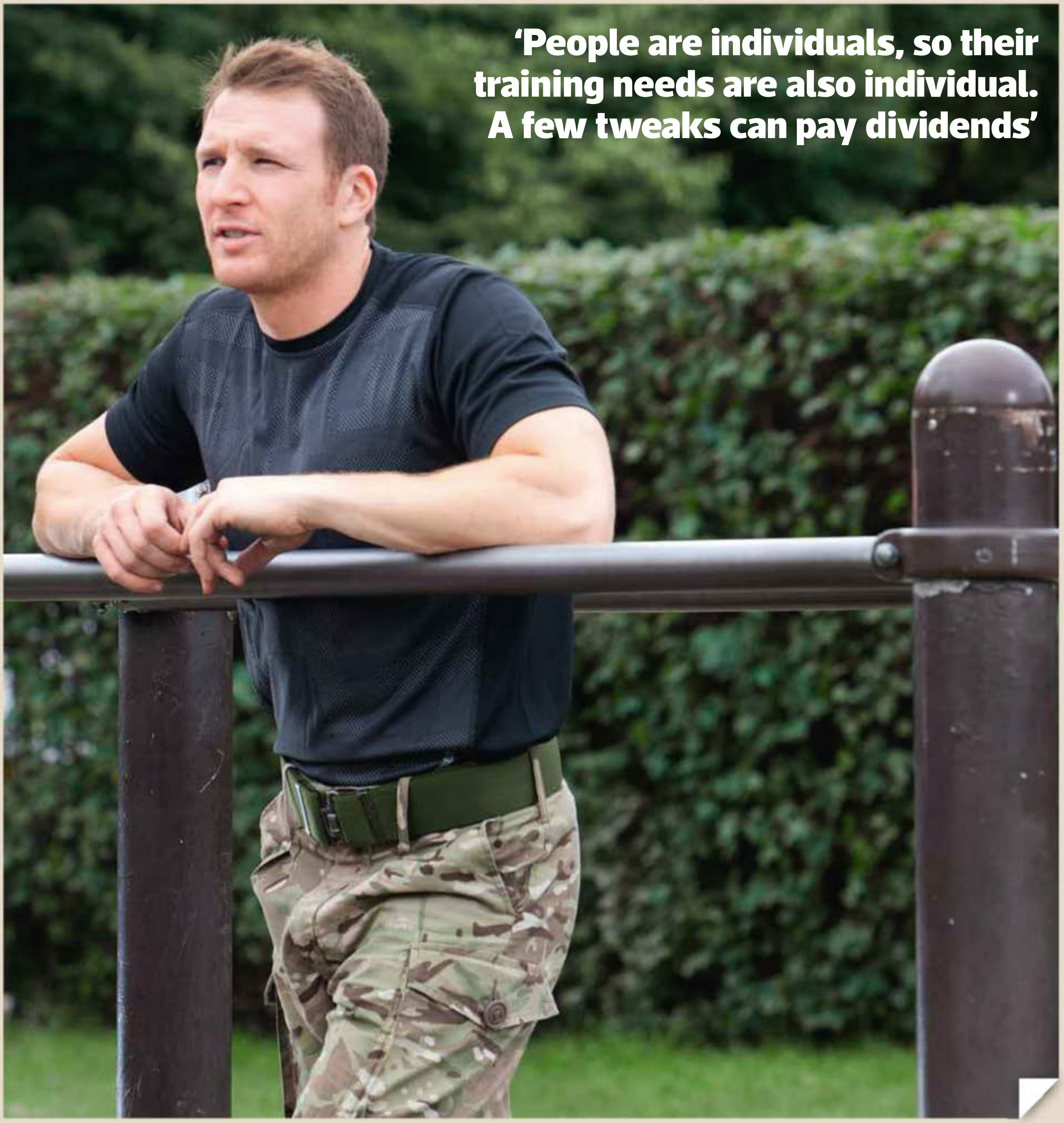
It's essential that you track your progress during this training programme. You should already have decided on a goal, and because it has to be something specific, measurable, achievable, realistic and timed, you'll need a way to track the progress you're making so that you can be sure you'll achieve it in the given time. You should log not only your training but also your diet, supplements, sleep (or lack of), added stresses and how you feel in general before, during and after workouts. By logging everything, you'll not only have the information you need to increase the intensity each week – as you'll know what weights, reps, rest and tempo you were using – but if you're not making the progress you expect, it will be far easier to see why. If at the end of the programme you have failed to achieve your goal, instead of throwing the log in the bin, you can give it another go, ensuring that you rectify the mistakes you made last time. People are individuals, which means their training needs are also individual. Looking back at a training diary and making a few tweaks can pay dividends.

You can make your log the old-school way with a notebook, but most people will probably use a laptop, tablet or smartphone. As Marines are always told when writing reports on a patrol or incident 'be as detailed as possible – you can never give too much detail'. When you look back, you won't remember exactly what you did, but if you've given as much detail as you can, it'll help you analyse and come to

## TRAINING KIT AND EQUIPMENT YOU WILL NEED

- Training log
- Water bottle
- Towel
- Drinks shaker
- TRX or suspension trainer (pictured)
- Clothing
- Footwear
- Backpack

LOOK AFTER YOUR KIT AND YOUR KIT WILL LOOK AFTER YOU



'People are individuals, so their training needs are also individual. A few tweaks can pay dividends' conclusions. Commandos are also told to be disciplined and log as soon as they can so they're less likely to forget the little details. Whether you carry a notebook or a phone and log as you train or afterwards while eating your post workout meal, be disciplined and do it.

## MEASURE

Measurements are a superb way to track progress. In fact, they are far more useful than weighing yourself. Simple measurements can be taken:

1 **around the belly button**
2 **thighs**
3 **upper arms**
4 **chest**
5 **neck**
6 **backside**

Use a normal tape measure to take your measurements around the areas listed here. Note the measurements in your diary each week so that you can see the changes that occur from week to week. This is especially useful if you don't feel you can see the changes in the mirror.

## WEIGHING

Scales aren't for everyone – some people get hung up on their weight when they begin a transformation, especially when they find that they gain weight. It doesn't matter that they've lost body fat and look a thousand times better, all they do is moan about weighing so many kilos. Think like a commando: 'Why are you doing what you're doing?' If you think about it, your weight is irrelevant. Do you look better? Do you like what you see? The only reason to think about overall bodyweight is if you plan to enter a specific sport that requires you to hit a specific weight. Otherwise forget it.

**'Measurements are a superb way to track progress, and far better than weighing yourself'**

## TAKE A PICTURE

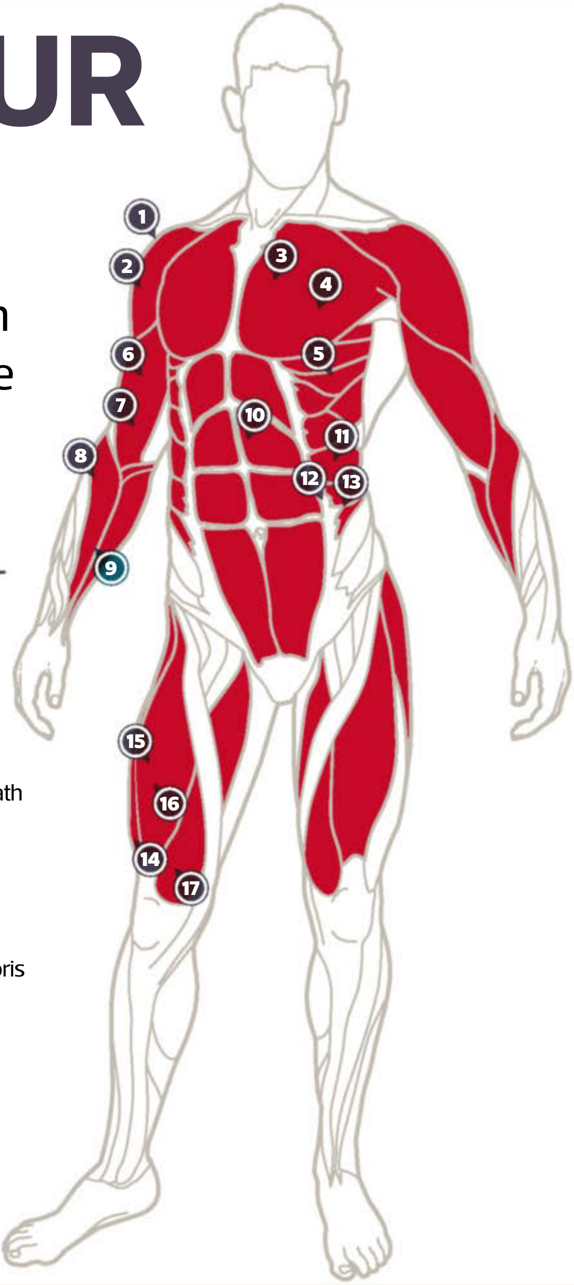
Royal Marines are taught when completing a patrol report that 'a picture paints a thousand words'. Weekly progress pictures taken from the front, back and sides will help you no end. The problem with a transformation is that you may not notice the changes from day to day. However, comparing pictures six weeks apart will speak volumes. Try to take your weekly picture at the same time, in the same place, with the same light and wearing as little clothing as possible.

## LOG AND ACHIEVE

We know that to make sure the composition of your body keeps changing (body fat down, muscle percentage up), you must challenge it consistently and with intensity. Logging allows you to see what happened the last time you did a particular session or exercise. If you use the same weight, reps, rest and tempo, there will be no progression and probably not enough intensity, making for a less than perfect session. Logging can work as a means of guilt-tripping yourself into keeping sessions tough.

# KNOW YOUR MUSCLES

There are over 600 muscles in the human body. These are the major ones you'll be targeting during your workouts



**DELTOIDS**
- **1** Anterior deltoid (front)
- **2** Medial deltoid (middle)

**PECTORALS**
- **3** Pectoralis minor (beneath the pectoralis major)
- **4** Pectoralis major
- **5** Serratus anterior

**BICEPS**
- **6** Biceps brachii
- **7** Brachialis

**FOREARMS**
- **8** Brachioradialis
- **9** Flexor carpi radialis

**ABDOMINALS**
- **10** Rectus abdominis
- **11** External obliques
- **12** Transverse abdominis (beneath internal obliques)
- **13** Internal obliques (beneath external obliques)

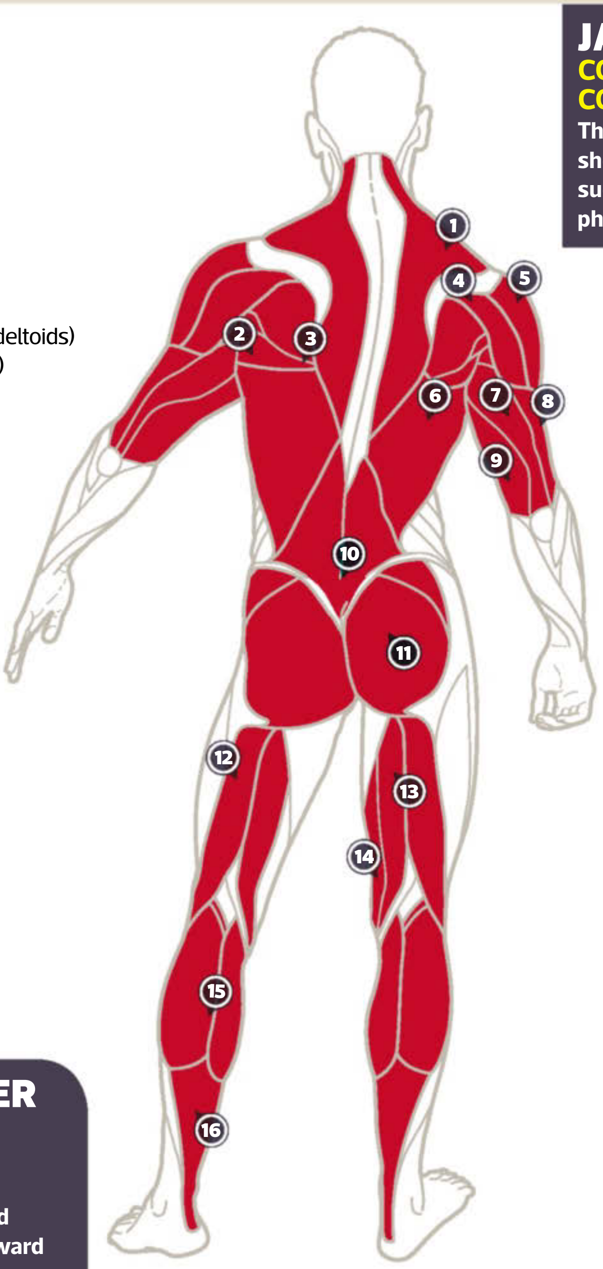
**QUADRICEPS**
- **14** Vastus lateralis
- **15** Abdominis Rectus femoris
- **16** Vastus intermedius (beneath rectus femoris)
- **17** Vastus medialis

**TRAPS**
- 1 Trapezius

**BACK**
- 2 Teres major
- 3 Rhomboid (beneath trapezius)

**DELTOIDS**
- 4 Rotator cuff (beneath deltoids)
- 5 Posterior deltoid (back)

**LATS**
- 6 Latissimus dorsi



## JARGON BUSTER
### CONCENTRIC CONTRACTION

This is a controlled shortening of your muscle, such as the upwards phase of a biceps curl.

**TRICEPS**
- 7 Triceps brachii long head
- 8 Triceps brachii lateral head
- 9 Triceps brachii medial head

**LOWER BACK**
- 10 Erector spinae

**GLUTES**
- 11 Gluteus maximus

**HAMSTRINGS**
- 12 Biceps femoris
- 13 Semitendinosus
- 14 Semimembranosus

**CALVES**
- 15 Gastrocnemius
- 16 Soleus

## JARGON BUSTER
### ECCENTRIC CONTRACTION

This is the controlled lengthening of a contracted muscle, such as the downward phase of a biceps curl.

# THE WARM-UP

## Performing a thorough warm-up will improve your session and help you avoid injury

**'If you haven't got time to warm up, you haven't got time to train.' That maxim was instilled into me by Royal Marines Sergeant Major Beau Beauchamp. I still hold it true.**

It is imperative that you spend a few minutes at the beginning of each session warming up. Here's why:

1 It increases the core temperature of the body and warms up muscles and tendons so they can be stretched without injury.

2 It aids focus and prepares the mind for the session.

3 It primes the neuromuscular channels for the session.

### HOW LONG?

There is no set length for a warm-up. It varies depending on the aim, the exercises, the time of day, any activity you've done before the warm-up and simply how you're feeling. You may need a long warm-up to get into the right frame of mind, or you might be raring to go with just a brief jog.

### BEFORE WEIGHT TRAINING

Before a resistance session it's advisable to at least do the following:

1 Perform some form of pulse-raiser such as a jog, cycle or row. I favour rowing because it exercises both the arms and legs, but for most people running is more accessible.

2 Perform some mobilisation around the joints to be exercised. This can either be very lightweight versions of the exercises to come, or movements similar to them. For example, if you're about to train your legs, bodyweight squats are a good mobiliser. If you're doing a chest session, a few press-up movements in the air followed by a few slow press-ups themselves would be a good idea. Other useful mobilisers for the upper body include various swim strokes.

3 If you're focused more on strength and want to do some of these moves with more weight in a gym, perform lightweight versions of the exercise to come, slowly building the weight up to working weight. For example, do four to eight reps at 30% of working weight, four to eight reps at 50% , four to eight reps at 70% and four to eight reps at 80% of working weight. Take a little rest between these, but not too much. Whenever you start to train a new muscle group, do this first for that movement. With dips and pull-ups use other similar exercises or machines to warm the muscles up.

> **'Perform some form of pulse-raiser such as a jog, cycle or row. I favour rowing because it exercises the arms and legs'**

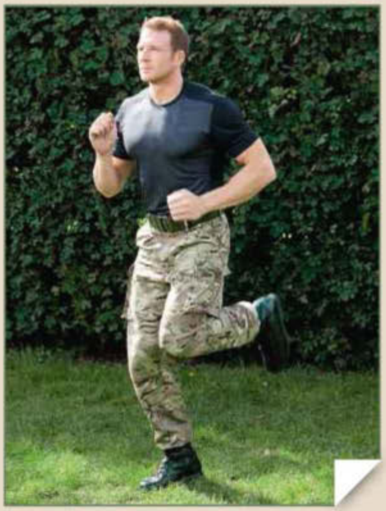
### BEFORE CARDIO TRAINING

Perform a slow jog, cycle or row for 2min depending on what your actual session will be.

'If you haven't got time to warm up, you haven't got time to train'

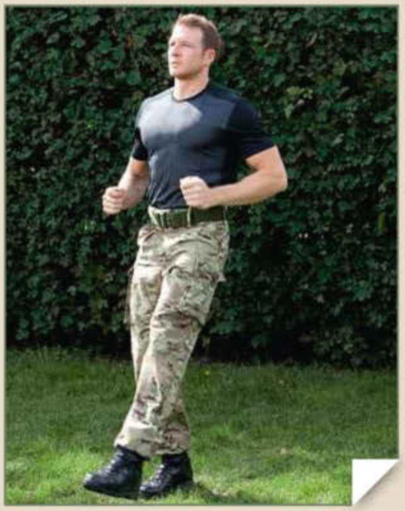
## 01 HEEL FLICK

FLICK ONE HEEL AT A TIME UP TO THE REAR **10 REPS EACH SIDE**



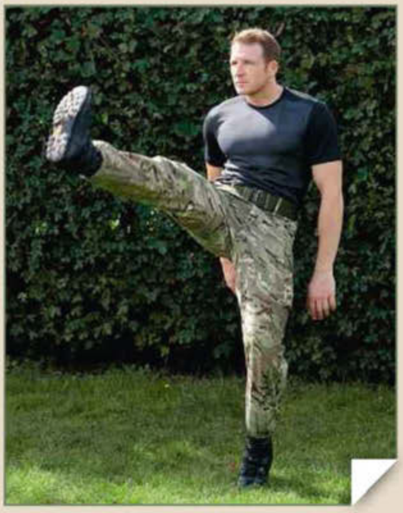
## 02 TOE FLICK

FLICK ONE FOOT AT A TIME OUT TO THE FRONT **10 REPS EACH SIDE**



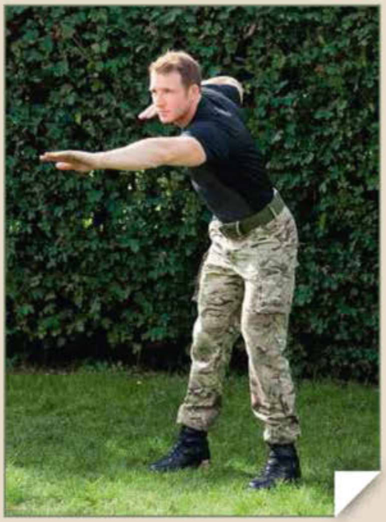
## 03 RUSSIAN WALK

SCRAPE THE SOLE OF YOUR SHOE DOWN AN IMAGINARY WALL **5 REPS EACH SIDE**



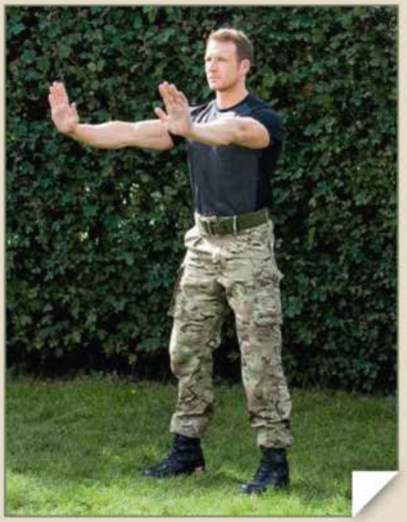
## 06 SWIMMING STROKE

PERFORM FRONT CRAWL STROKES **10 REPS EACH SIDE**



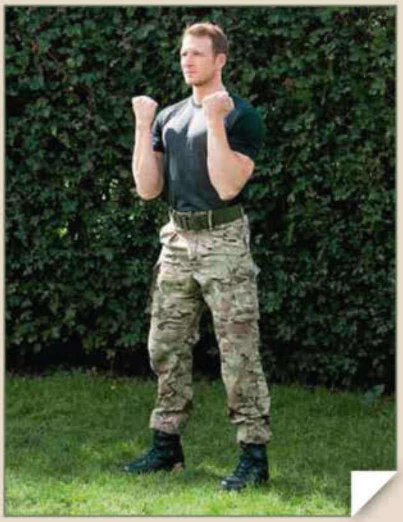
## 07 AIR PRESS-UP

PERFORM PRESS-UPS IN THE AIR BEFORE PUSHING MOVES **20 REPS**



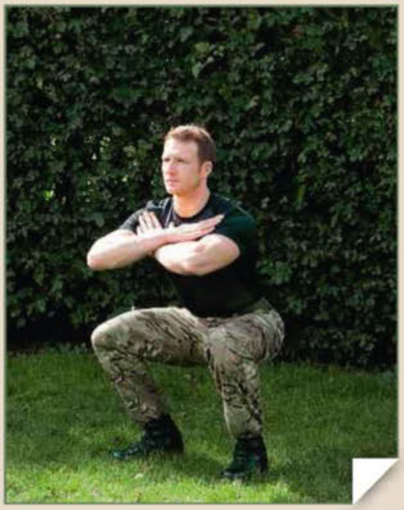
## 08 AIR CURL

DO CURLING MOTIONS BEFORE PULLING MOVES **20 REPS**



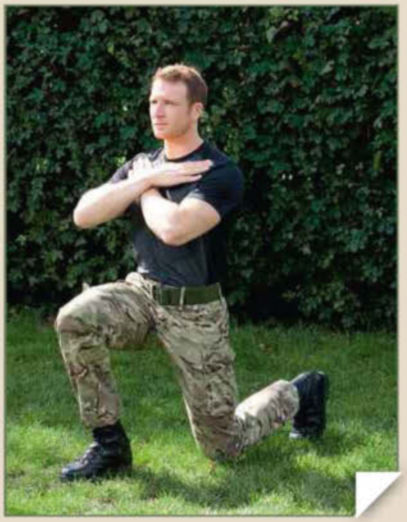
## 04 SLOW SQUAT

THIS STRETCHES THE ADDUCTORS AND GLUTES **10 REPS**



## 09 LUNGE

THIS STRETCHES THE QUADRICEPS **10 REPS EACH SIDE**



## 05 RUN/ROW/CYCLE

RAISE YOUR PULSE BY RUNNING, CYCLING OR ROWING **2-3MIN**

# WARM-DOWN

Avoid stiffness and prime your body for muscle gains by ending your sessions the right way

## AFTER WEIGHTS TRAINING

The most important thing here is to start your recovery, which will encourage muscle repair and growth and reduce delayed-onset muscle soreness (DOMS). There are three things that will optimise this.

1 An immediate post-workout protein shake.

2 Briefly stretching the muscles used.

3 A post-workout meal within an hour of drinking your shake.

See the nutrition section on p150 for more on post-workout shakes and meals. To further aid recovery, use a foam roller or get a massage later in the day.

## AFTER CARDIO TRAINING

It will depend on where or when the session is taking place, but ideally of the following should be performed (if there's any you can't do, do as many as you can).

1 Reduce the level of exercise. Don't just stop, or you could faint.

2 Dress to avoid getting cold (unless you're at the gym and showering).

3 Relax by controlling your breathing and sitting or lying down.

4 Have a protein shake.

5 Eat your post-workout meal within an hour of finishing.

6 Stretch the muscles involved (foam roll or a massage later).

7 Treat any niggles or injuries you may have picked up.

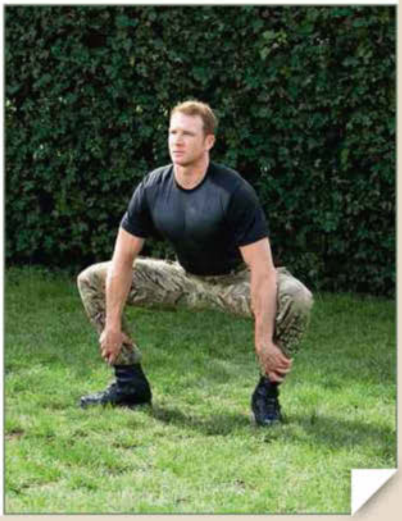
## STRETCHES

Stretching is a contentious subject. There's a lot of disagreement about when and how you should do it, if at all. One thing that is widely accepted, though, is that stretching before strength, power or speed sessions has an adverse affect on performance. Research has also shown that stretching after exercise may be unnecessary or prompt muscles to tighten painfully when you start to move about after a stretch session.

No study has been 100% conclusive, though, and you know whether or not you feel better and see gains when you stretch. If you want to stretch after your workout, here's how to target the muscles. Hold each for 30 seconds.

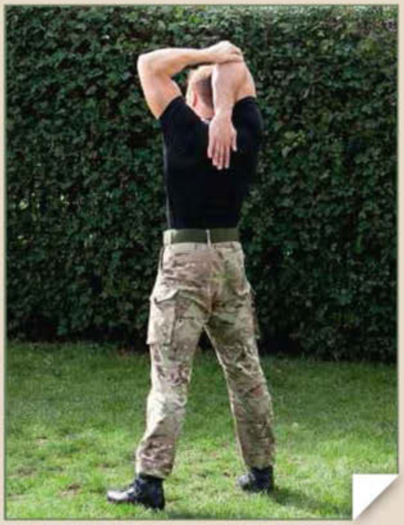
### 01 ADDUCTORS

SQUAT HOLDING YOUR SHINS AND PUSH YOUR KNEES BACK WITH YOUR ELBOWS



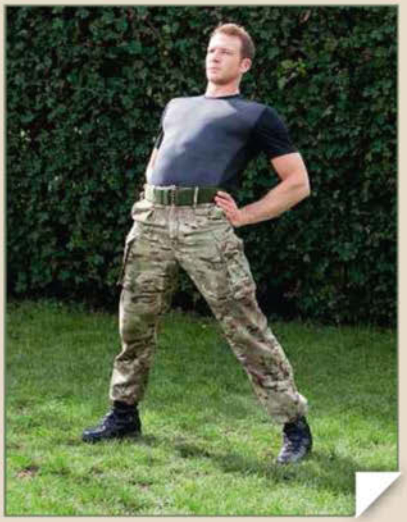
## 02 TRICEPS

SLIDE ONE ARM DOWN YOUR BACK. PUSH GENTLY DOWN ON YOUR ELBOW



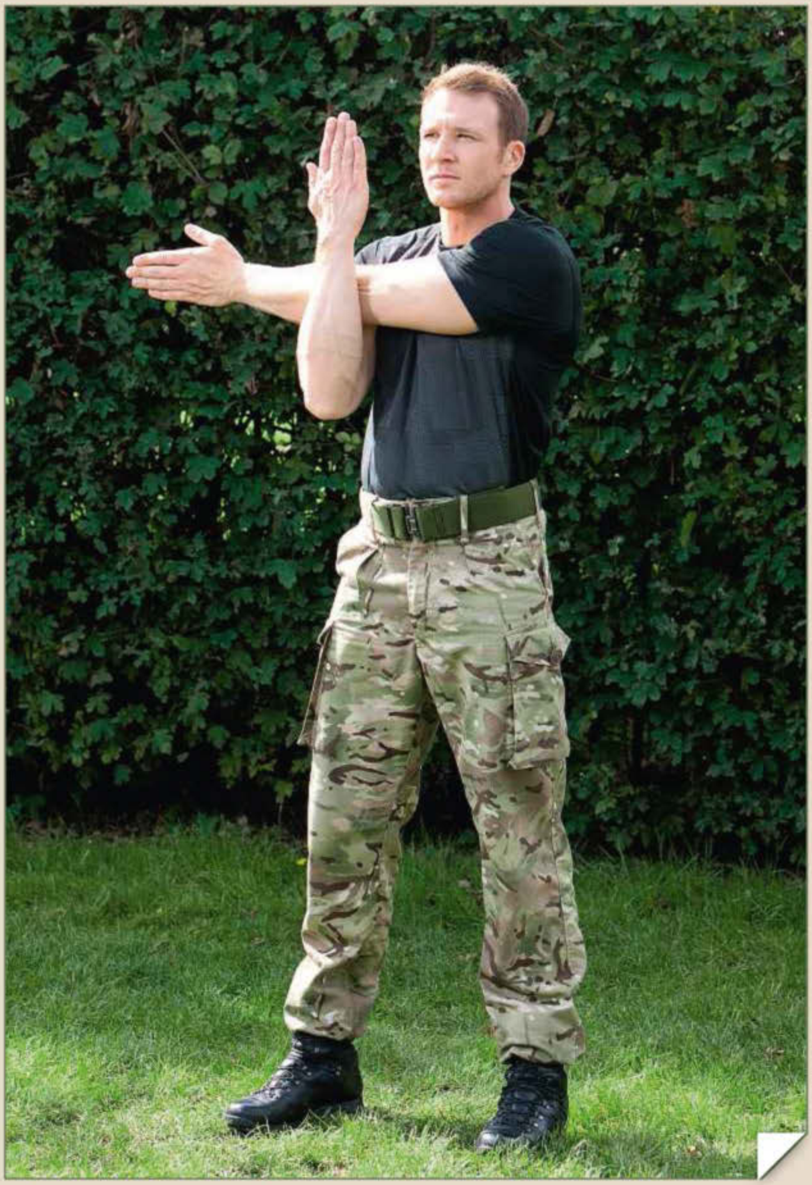
## 04 ABS

PUT HANDS ON HIPS, LIFT YOUR CHEST AND PUSH YOUR HIPS FORWARD



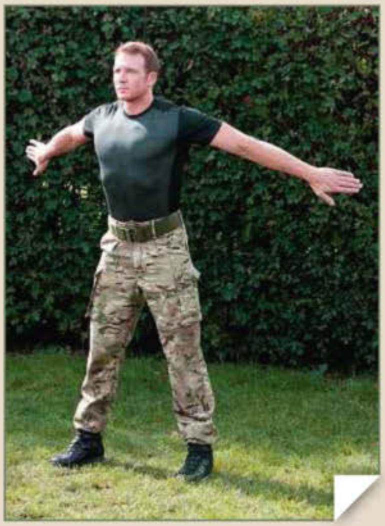
## 03 SHOULDERS

PLACE ONE ARM ACROSS YOUR CHEST. PULL GENTLY TOWARDS YOU WITH THE OTHER ARM



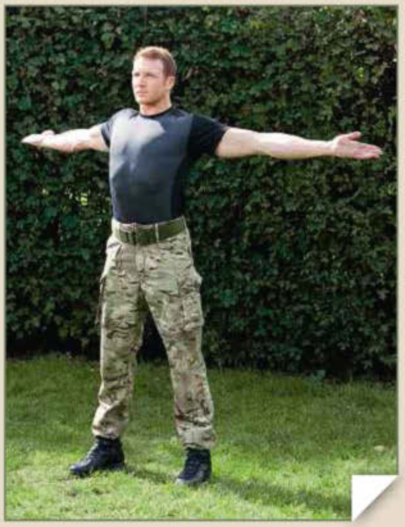
## 05 BICEPS

STRETCH YOUR ARMS OUT AND BACK, THUMBS DOWN



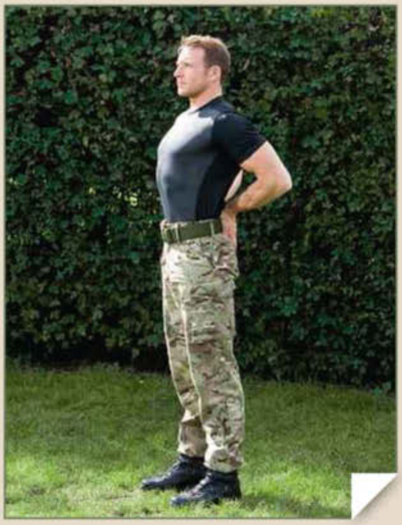
## 06 PECS

PUSH YOUR CHEST FORWARD AND ARMS BACK, PALMS UP



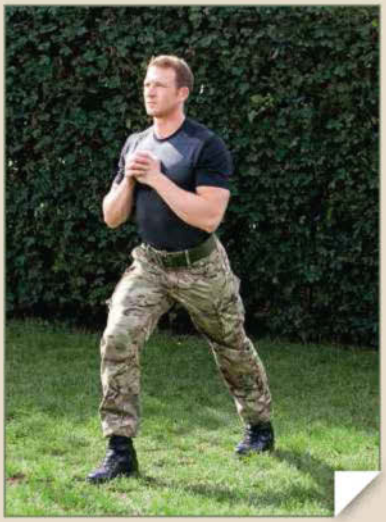
## 07 PECS AND SHOULDERS

USE YOUR HANDS TO PUSH YOUR HIPS FORWARD



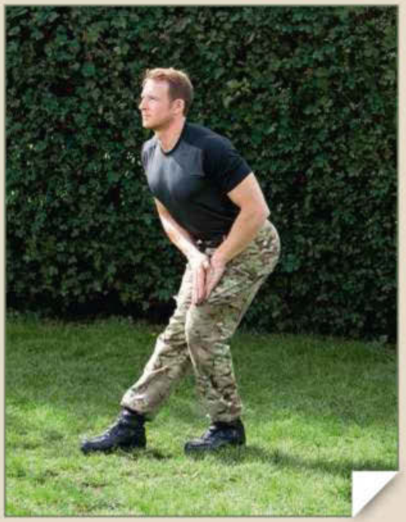
## 08 CALVES

STEP FORWARD, KEEPING YOUR HEELS ON THE FLOOR



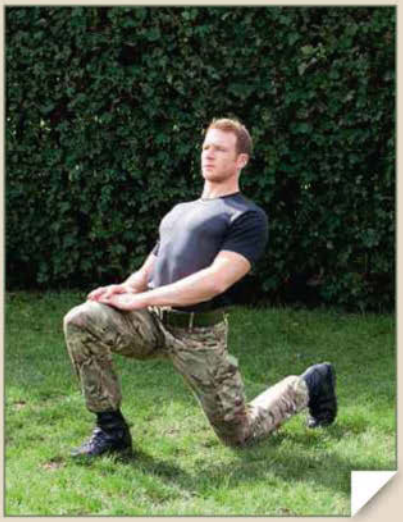
## 09 HAMSTRINGS

BEND ONE LEG, WITH THE OTHER STRAIGHT AND SLIGHTLY IN FRONT



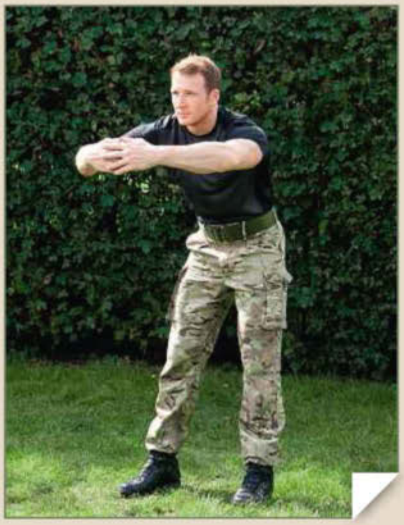
## 10 HIP FLEXORS

GET INTO A LUNGE POSITION AND PUSH YOUR HIPS FORWARDS



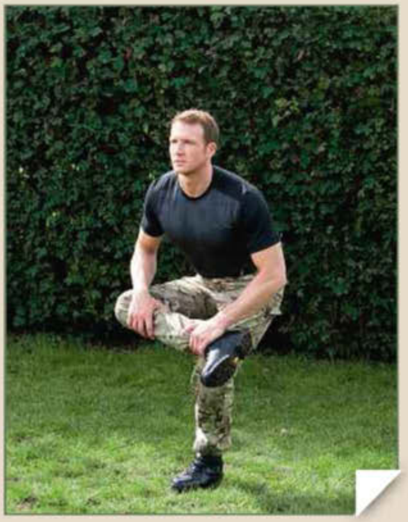
### 11 UPPER BACK

MAKE A CIRCLE WITH YOUR ARMS AND PUSH YOUR HIPS BACK



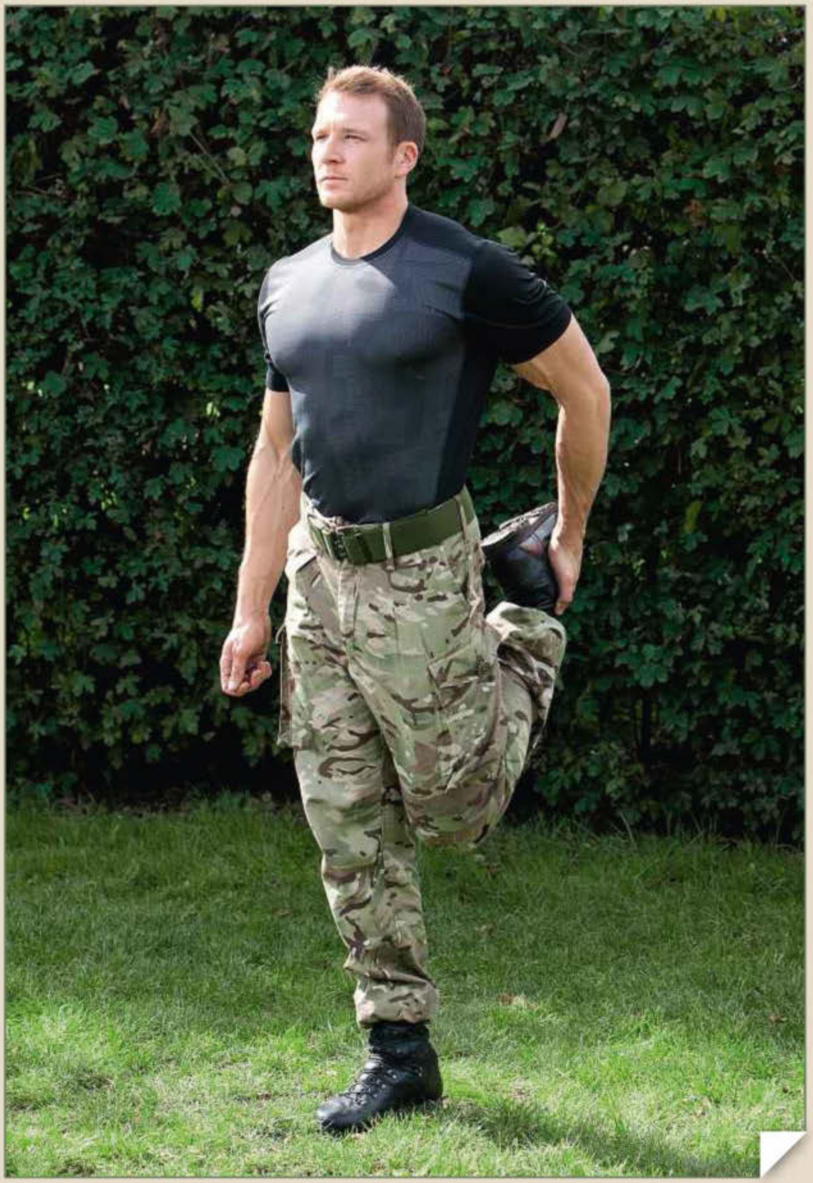
### 13 GLUTES

REST ONE ANKLE ABOVE THE OPPOSITE KNEE. SQUAT AND PUSH DOWN ON IT



### 12 QUADS

PULL YOUR FOOT TOWARDS YOUR BACKSIDE. REPEAT WITH THE OTHER LEG



# PROGRAMME

Now you know the theory, it's time to put it into practice. Turn the page to begin your training

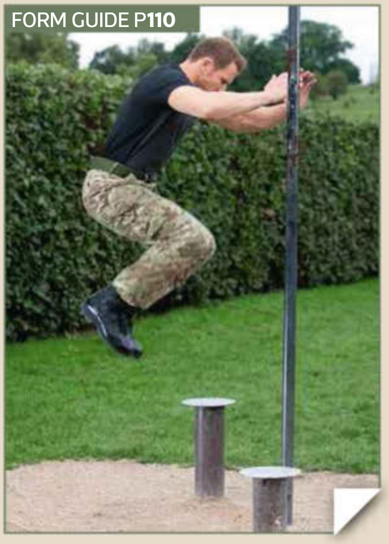
# WEEK 1

## MONDAY ◎ LEGS

### 01 KNEE-HEIGHT BOX JUMP

SETS **3** REPS **5** TEMPO **N/A**

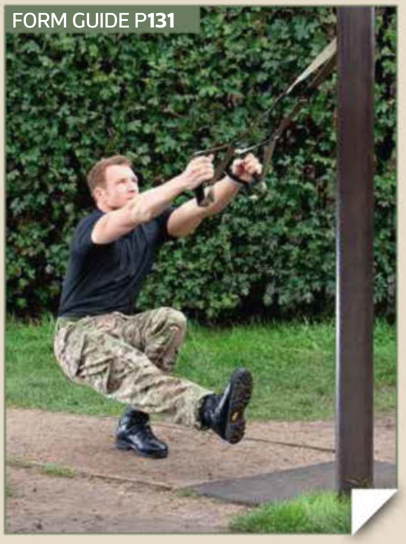
FORM GUIDE P**110**



### 02 TRX PISTOL SQUAT

SETS **3** REPS **8 EACH SIDE** TEMPO **3010**

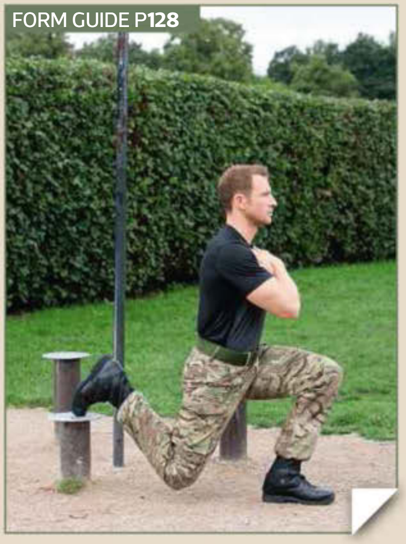
FORM GUIDE P**131**



### 03 SPLIT SQUAT

SETS **3** REPS **8 EACH SIDE** TEMPO **3010**

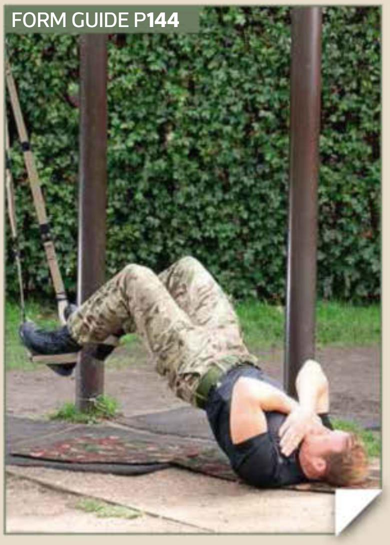
FORM GUIDE P**128**



### 04 TRX HAMSTRING BRIDGE

SETS **3** REPS **8** TEMPO **3010**

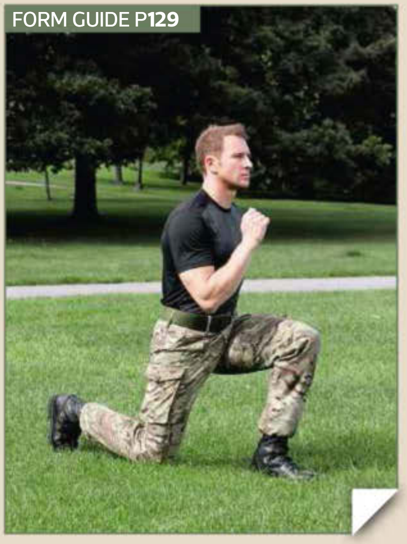
FORM GUIDE P**144**



### 05 WALKING LUNGE

SETS **3** REPS **20 EACH SIDE** TEMPO **20X0**

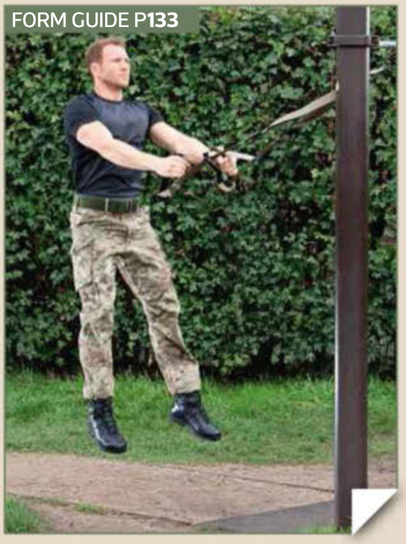
FORM GUIDE P**129**



### 06 TRX JUMP SQUAT

SETS **3** REPS **10** TEMPO **N/A**

FORM GUIDE P**133**

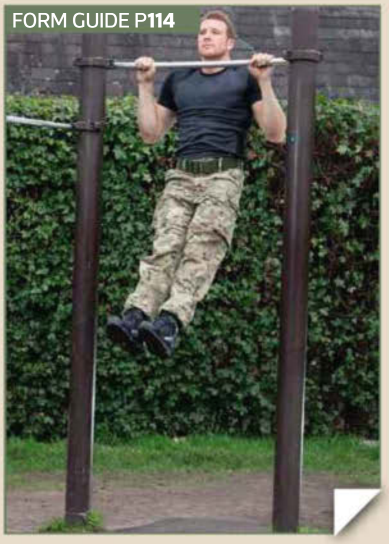


## TUESDAY ◎ UPPER BODY

### 01 PULL-UP

SETS **3** REPS **TO FAILURE** TEMPO **3010**

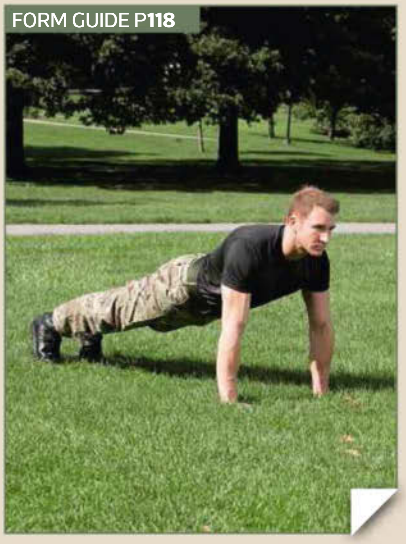
FORM GUIDE P**114**



### 02 PRESS-UP

SETS **3** REPS **10** TEMPO **3110**

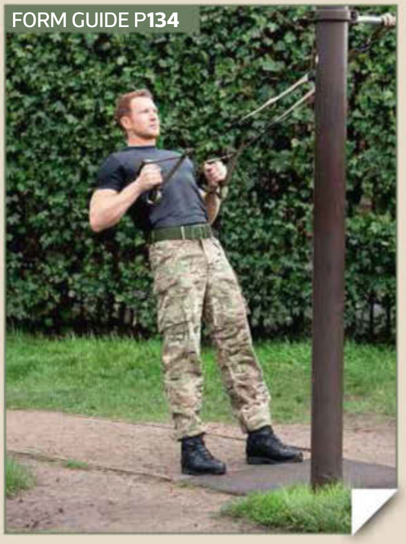
FORM GUIDE P**118**



### 03 TRX INVERTED ROW

SETS **3** REPS **10** TEMPO **3010**

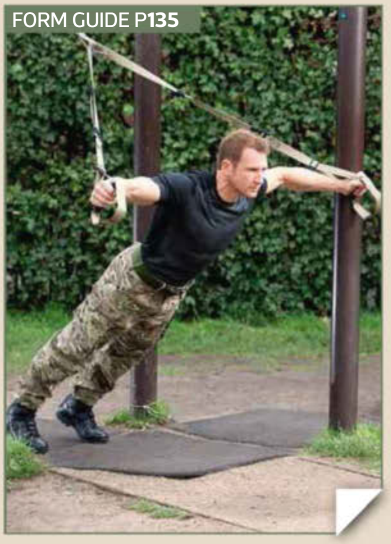
FORM GUIDE P**134**



### 04 TRX FLYE

SETS **3** REPS **8** TEMPO **3010**

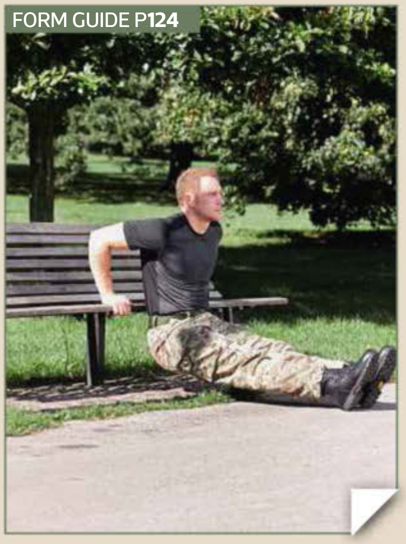
FORM GUIDE P**135**



### 05 BENCH DIP

SETS **3** REPS **8** TEMPO **3010**

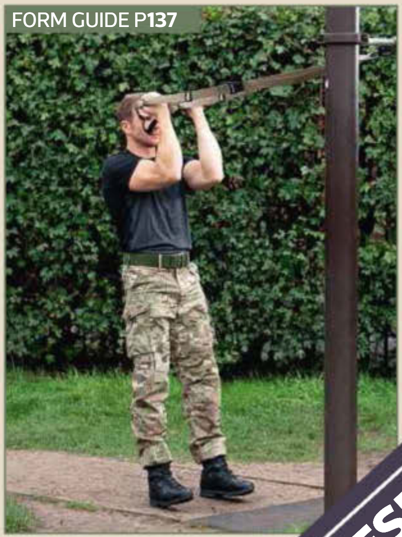
FORM GUIDE P**124**



### 06 TRX BICEPS CURL

SETS **3** REPS **10** TEMPO **3010**

FORM GUIDE P**137**



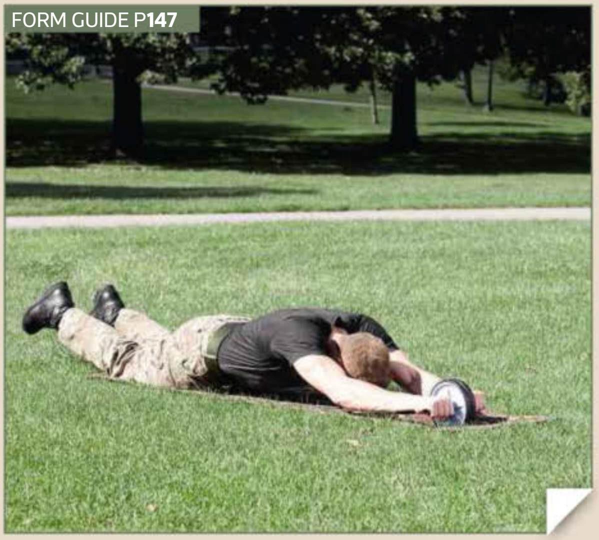
**WEDNESDAY REST DAY**

## THURSDAY ◎ INTERVALS AND CORE

### 01 ABS ROLL-OUT

SETS **3** REPS **4** TEMPO **3010**

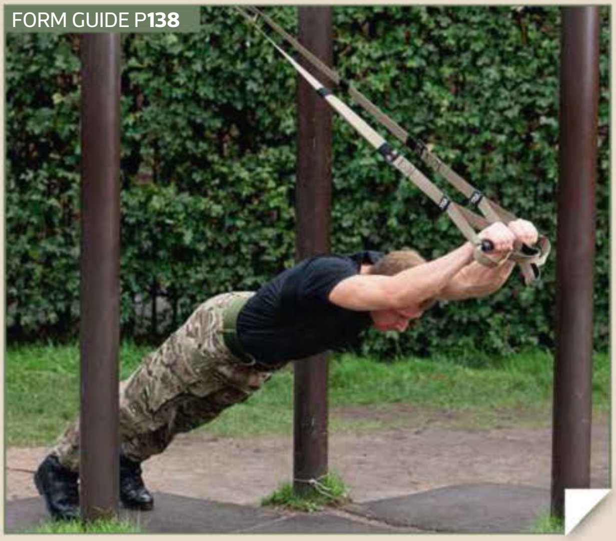
FORM GUIDE P**147**



### 02 TRX SUPERMAN

SETS **3** REPS **8** TEMPO **3010**

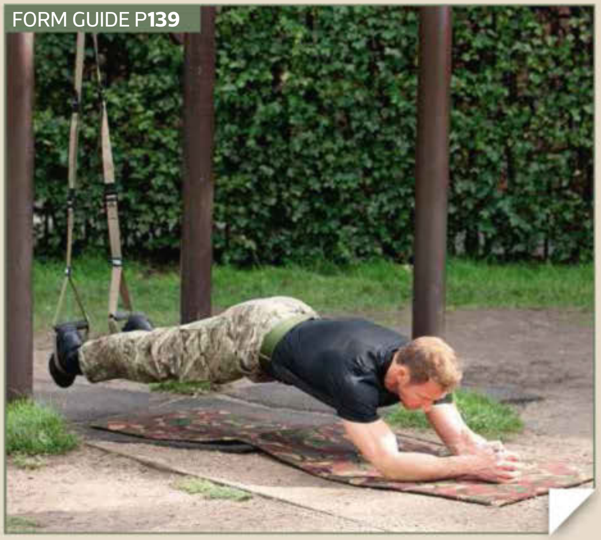
FORM GUIDE P**138**



### 03 TRX PLANK SAW

SETS **3** REPS **8** TEMPO **3010**

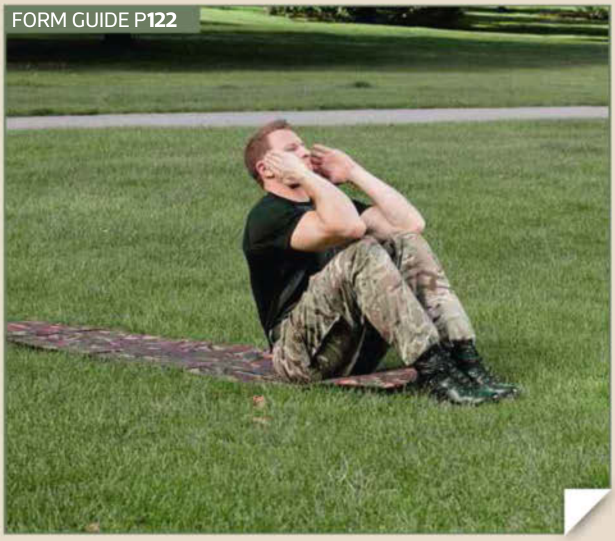
FORM GUIDE P**139**



### 04 SIT-UP

SETS **3** REPS **8** TEMPO **3010**

FORM GUIDE P**122**

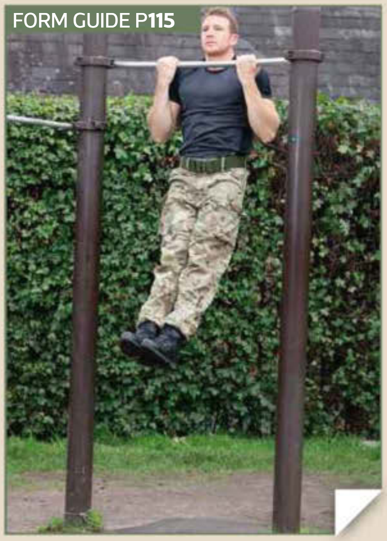


## FRIDAY ◎ UPPER BODY

### 01 CHIN-UP

SETS **3** REPS **TO FAILURE** TEMPO **3010**

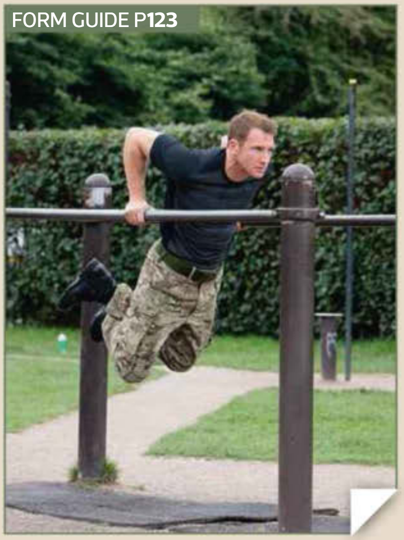
FORM GUIDE P**115**



### 02 DIP

SETS **3** REPS **10** TEMPO **3110**

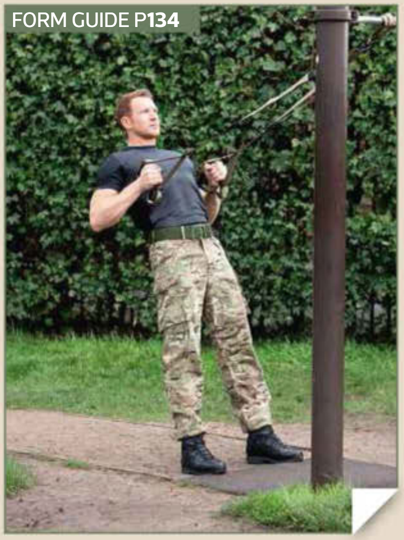
FORM GUIDE P**123**



### 03 TRX INVERTED ROW

SETS **3** REPS **10** TEMPO **3010**

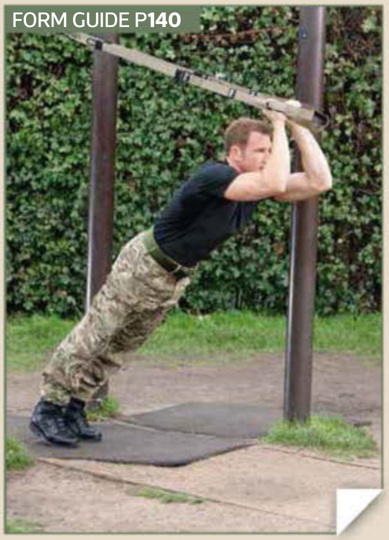
FORM GUIDE P**134**



### 04 TRX TRICEPS EXTENSION

SETS **3** REPS **8** TEMPO **3010**

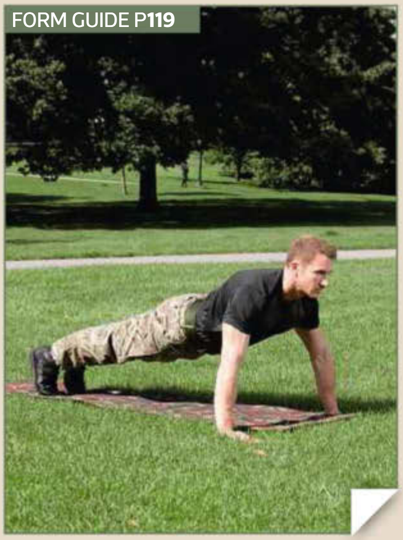
FORM GUIDE P**140**



### 05 WIDE-ARM PRESS-UP

SETS **3** REPS **10** TEMPO **3010**

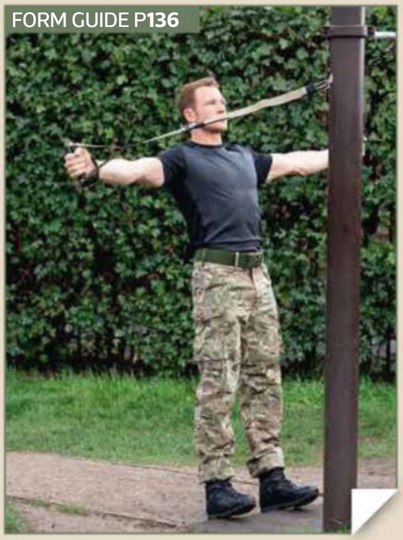
FORM GUIDE P**119**



### 06 TRX REVERSE FLYE

SETS **3** REPS **8** TEMPO **3010**

FORM GUIDE P**136**



## SATURDAY ◎ FINISHER

### 01 SPRINT

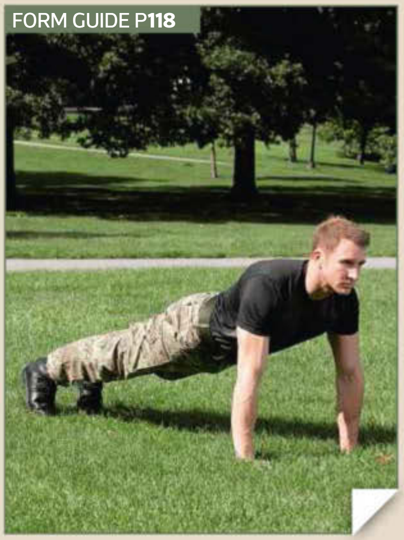
DISTANCE **200-300m**

FORM GUIDE **P149**

### 02 PRESS-UP

REPS **10** TEMPO **N/A**

FORM GUIDE **P118**



### 03 SPRINT

DISTANCE **200-300m**

FORM GUIDE **P149**

### 04 V-SIT

REPS **10** TEMPO **N/A**

FORM GUIDE **P146**

### 05 SPRINT

DISTANCE **200-300m**

FORM GUIDE **P149**

### 06 BODYWEIGHT SQUAT

REPS **10** TEMPO **N/A**

FORM GUIDE **P125**

REST FOR **2-5MIN, THEN REPEAT**

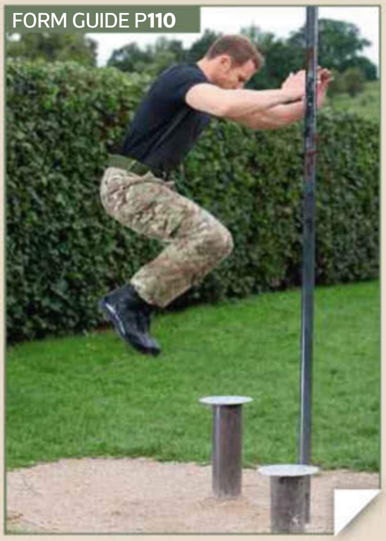
**SUNDAY REST DAY**

## MONDAY ◎ LEGS

### 01 KNEE-HEIGHT BOX JUMP

SETS **3** REPS **5** TEMPO **N/A**

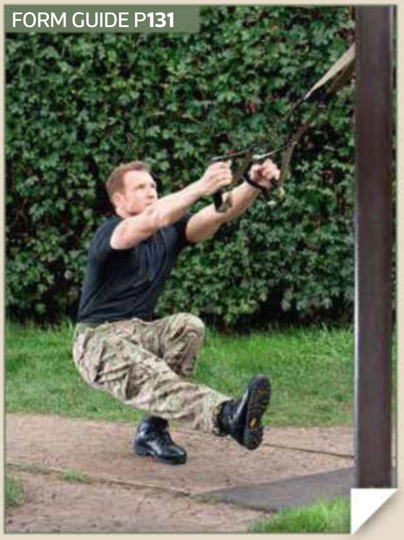
FORM GUIDE P**110**



### 02 TRX PISTOL SQUAT

SETS **3** REPS **10-12 EACH SIDE** TEMPO **3010**

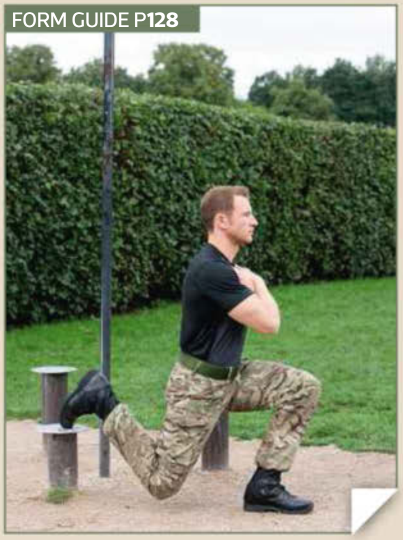
FORM GUIDE P**131**



### 03 SPLIT SQUAT

SETS **3** REPS **10-12 EACH SIDE** TEMPO **3010**

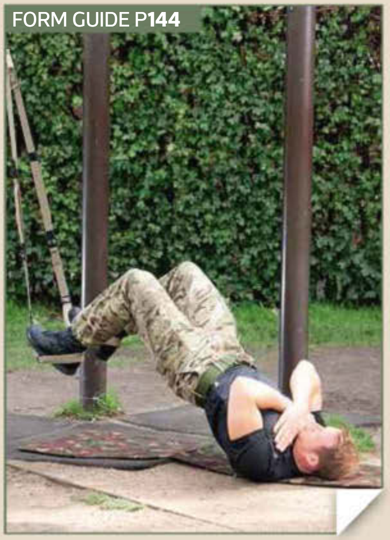
FORM GUIDE P**128**



### 04 TRX HAMSTRING BRIDGE

SETS **3** REPS **10-12** TEMPO **3010**

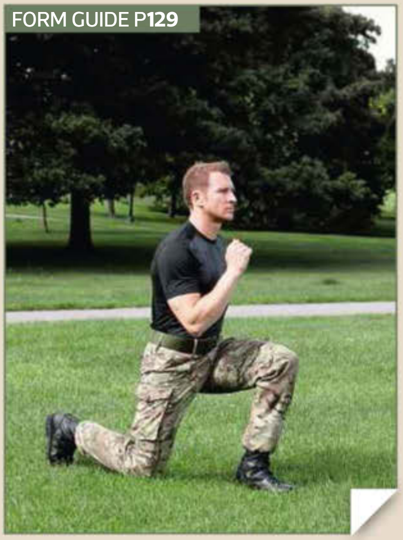
FORM GUIDE P**144**



### 05 WALKING LUNGE

SETS **3** REPS **20 EACH SIDE** TEMPO **20X0**

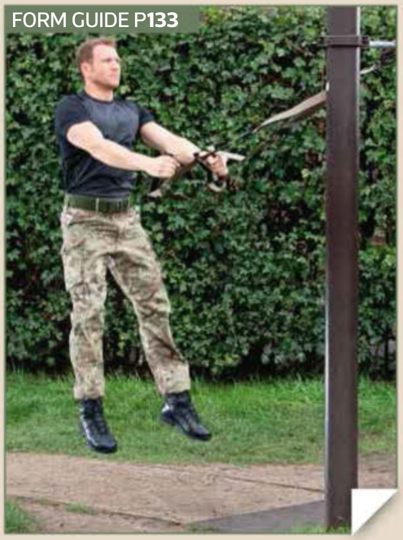
FORM GUIDE P**129**



### 06 TRX JUMP SQUAT

SETS **3** REPS **15** TEMPO **N/A**

FORM GUIDE P**133**

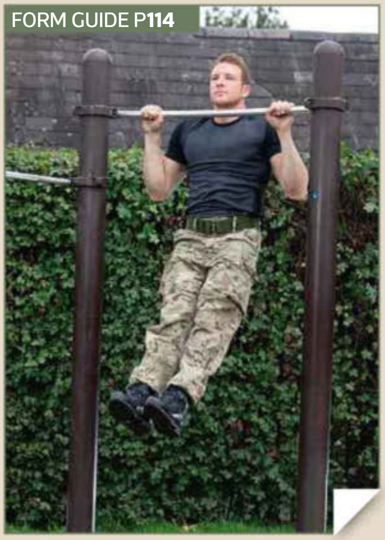


## TUESDAY ◎ UPPER BODY

### 01 PULL-UP

SETS **3** REPS **TO FAILURE** TEMPO **3010**

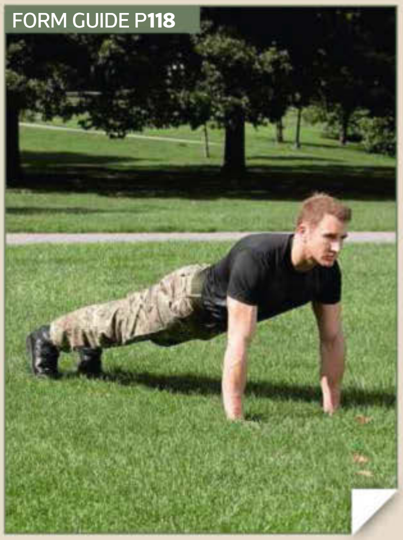
FORM GUIDE P**114**



### 02 PRESS-UP

SETS **3** REPS **10-12** TEMPO **3010**

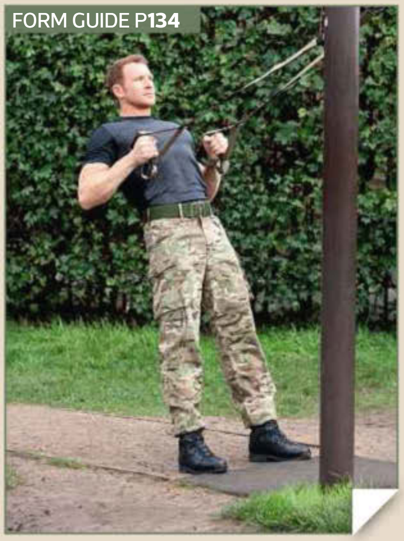
FORM GUIDE P**118**



### 03 TRX INVERTED ROW

SETS **3** REPS **10-12** TEMPO **3010**

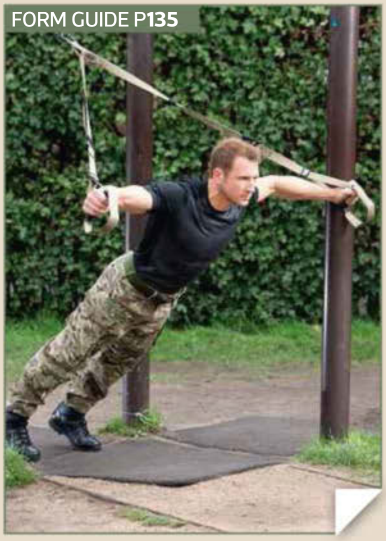
FORM GUIDE P**134**



### 04 TRX FLYE

SETS **3** REPS **10-12** TEMPO **3010**

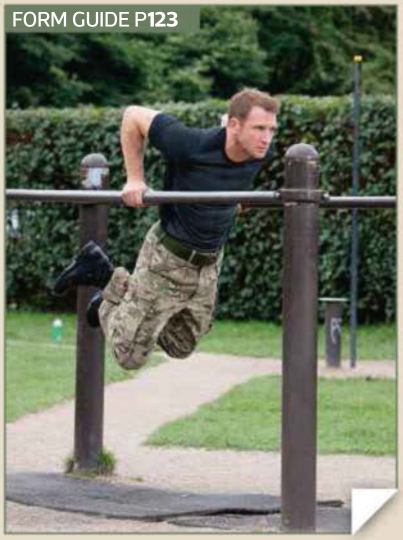
FORM GUIDE P**135**



### 05 DIP

SETS **3** REPS **10-12** TEMPO **3010**

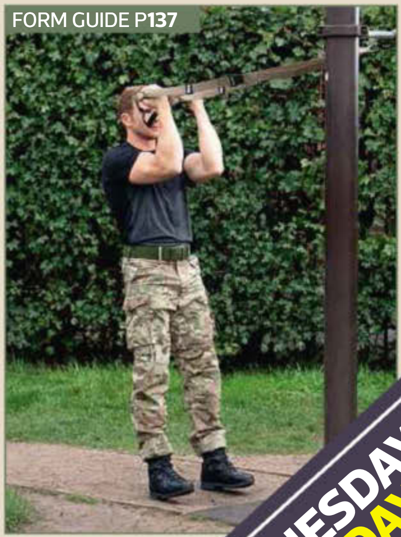
FORM GUIDE P**123**



### 06 TRX BICEPS CURL

SETS **3** REPS **10-12** TEMPO **3010**

FORM GUIDE P**137**



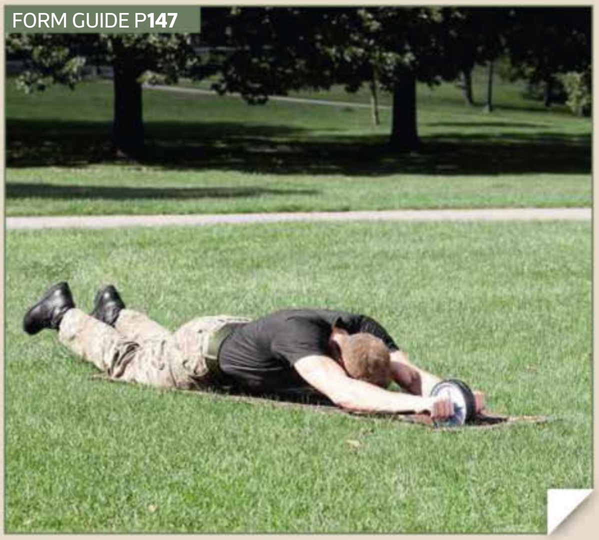
WEDNESDAY
REST DAY

## THURSDAY ◎ INTERVALS AND CORE

### 01 ABS ROLL-OUT

SETS **3** REPS **6** TEMPO **3010**

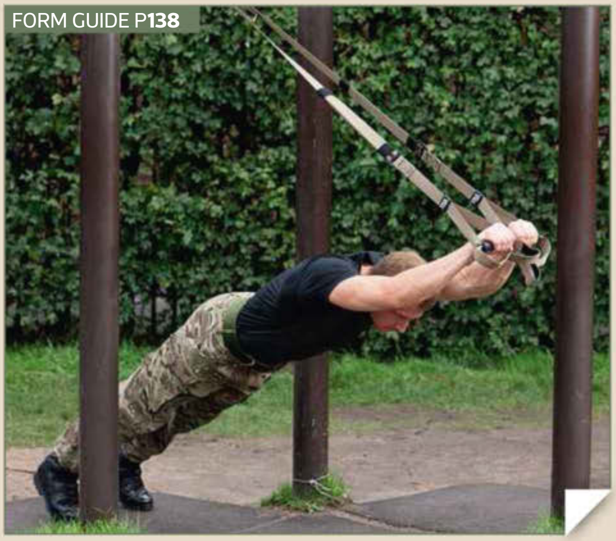
FORM GUIDE P**147**



### 02 TRX SUPERMAN

SETS **3** REPS **10** TEMPO **3010**

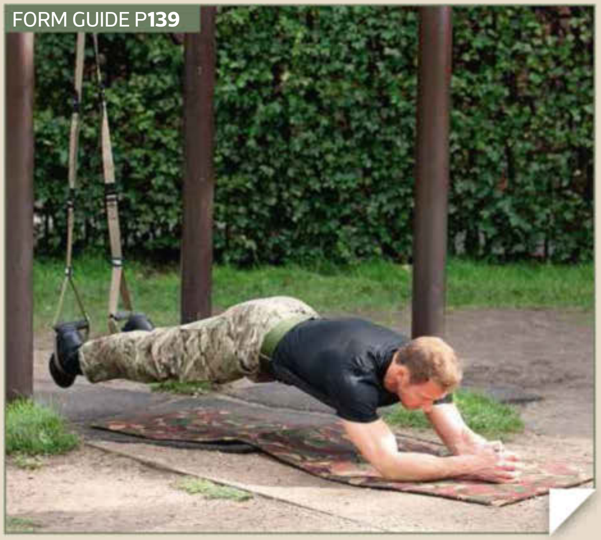
FORM GUIDE P**138**



### 03 TRX PLANK SAW

SETS **3** REPS **10** TEMPO **3010**

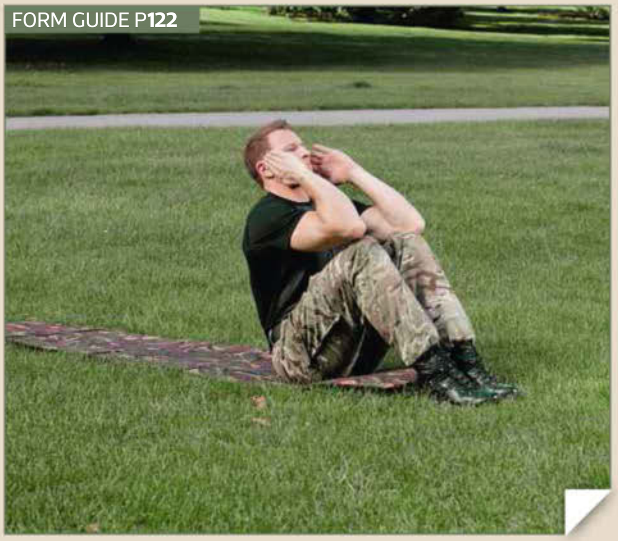
FORM GUIDE P**139**



### 04 SIT-UP

SETS **3** REPS **10** TEMPO **3010**

FORM GUIDE P**122**

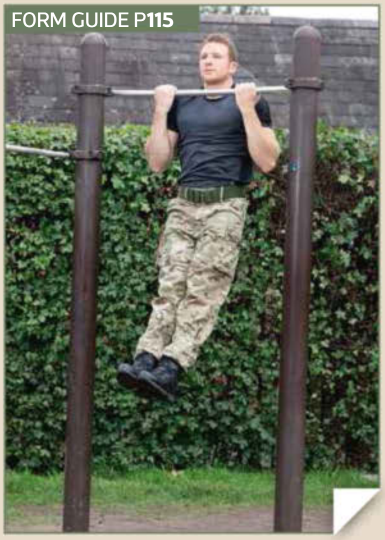


## FRIDAY ◎ UPPER BODY

### 01 CHIN-UP

SETS **3** REPS **TO FAILURE** TEMPO **3010**

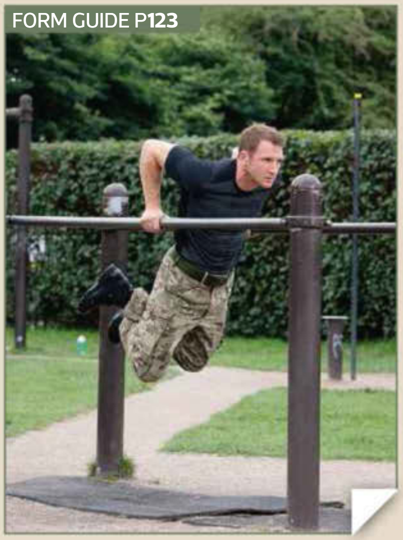
FORM GUIDE P**115**



### 02 DIP

SETS **3** REPS **10-12** TEMPO **3010**

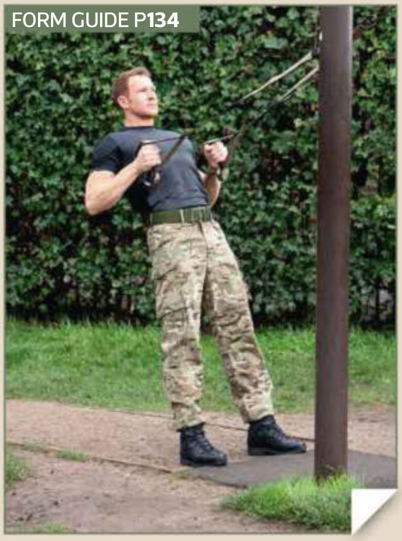
FORM GUIDE P**123**



### 03 TRX INVERTED ROW

SETS **3** REPS **10-12** TEMPO **3010**

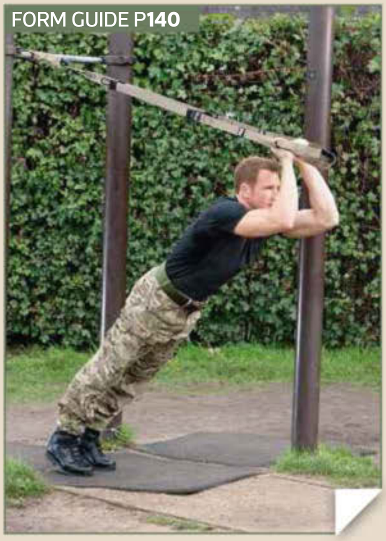
FORM GUIDE P**134**



### 04 TRX TRICEPS EXTENSION

SETS **3** REPS **10-12** TEMPO **3010**

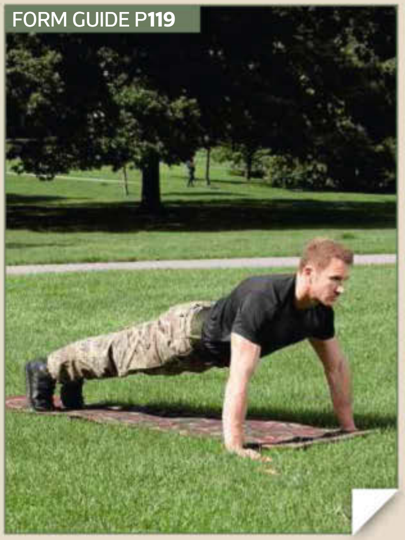
FORM GUIDE P**140**



### 05 WIDE-ARM PRESS-UP

SETS **3** REPS **10-12** TEMPO **3010**

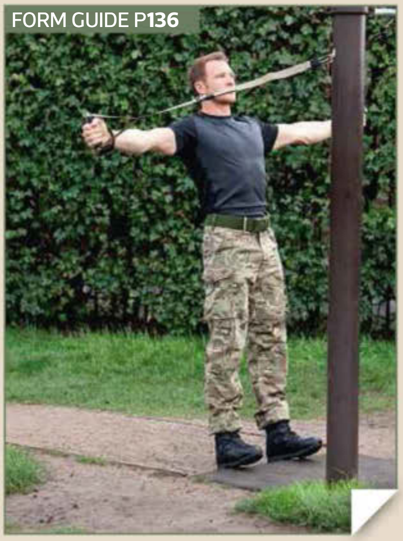
FORM GUIDE P**119**



### 06 TRX REVERSE FLYE

SETS **3** REPS **10-12** TEMPO **3010**

FORM GUIDE P**136**

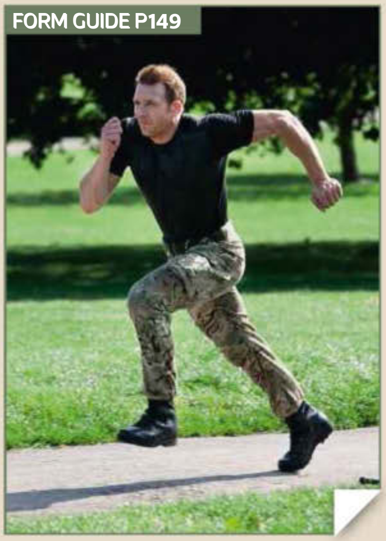


## SATURDAY ◎ FINISHER – ARMS, TRUNK, LEG CIRCUIT

### 01 SPRINT

DISTANCE **200-300m**

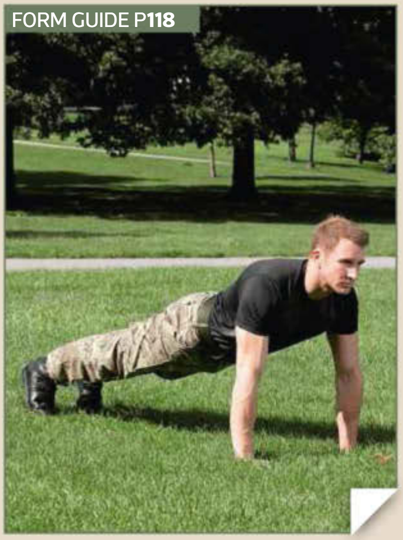
**FORM GUIDE P149**



### 02 PRESS-UP

REPS **10** TEMPO **N/A**

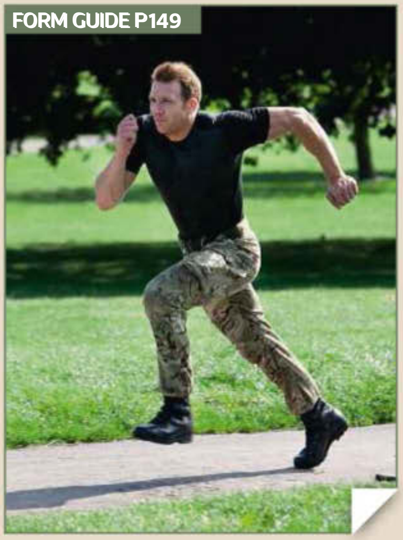
FORM GUIDE **P118**



### 03 SPRINT

DISTANCE **200-300m**

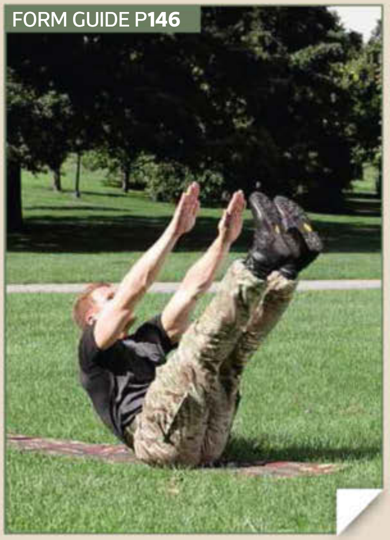
**FORM GUIDE P149**



### 04 V-SIT

REPS **10** TEMPO **N/A**

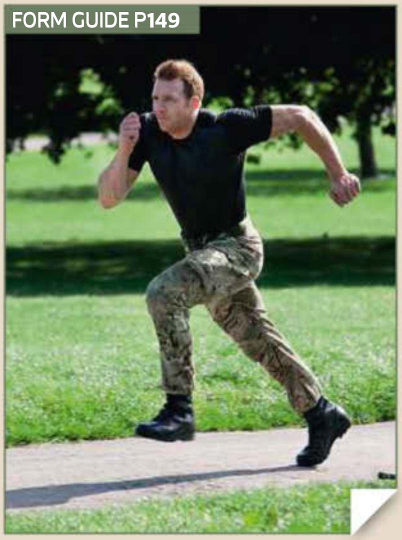
FORM GUIDE **P146**



### 05 SPRINT

DISTANCE **200-300m**

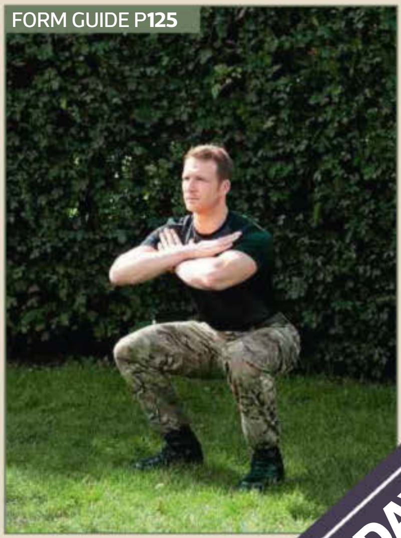
FORM GUIDE **P149**



### 06 BODYWEIGHT SQUAT

REPS **10** TEMPO **N/A**

FORM GUIDE **P125**



REST FOR **2-5MIN, THEN REPEAT**

**SUNDAY REST DAY**

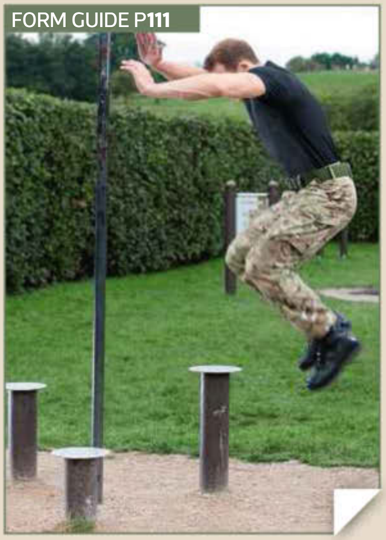
# WEEK 3

## MONDAY ◎ LEGS

### 01 THIGH-HEIGHT BOX JUMP

SETS **3** REPS **5** TEMPO **N/A**

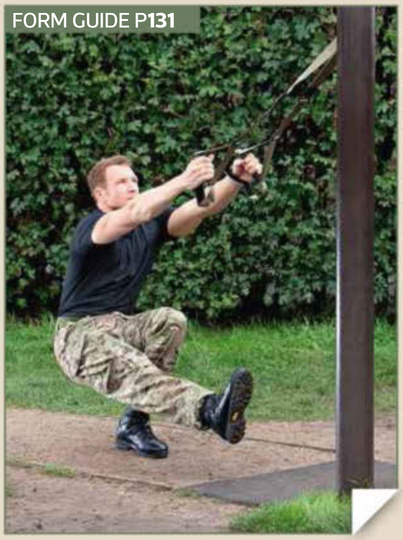
FORM GUIDE P**111**



### 02 TRX PISTOL SQUAT

SETS **3** REPS **TO FAILURE** TEMPO **3010**

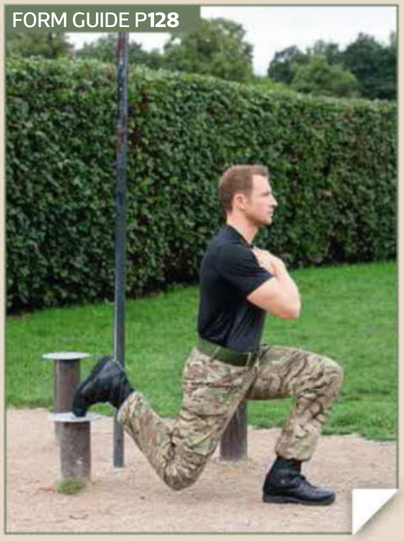
FORM GUIDE P**131**



### 03 SPLIT SQUAT

SETS **3** REPS **TO FAILURE** TEMPO **3010**

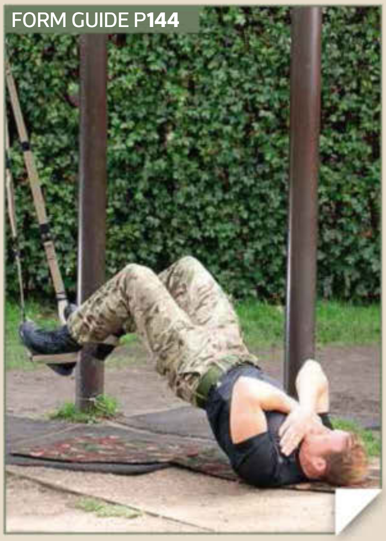
FORM GUIDE P**128**



### 04 TRX HAMSTRING BRIDGE

SETS **3** REPS **TO FAILURE** TEMPO **3010**

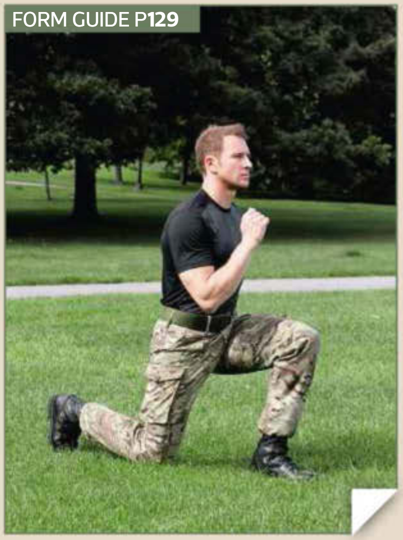
FORM GUIDE P**144**



### 05 WALKING LUNGE

SETS **3** REPS **30 EACH SIDE** TEMPO **20X0**

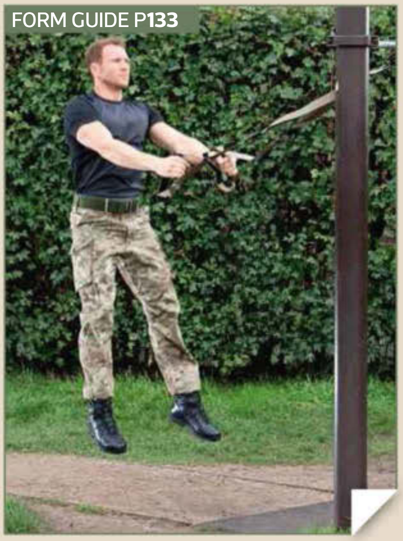
FORM GUIDE P**129**



### 06 TRX JUMP SQUAT

SETS **3** REPS **25** TEMPO **N/A**

FORM GUIDE P**133**

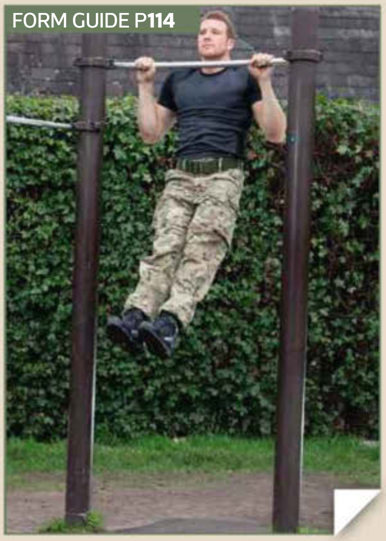


## TUESDAY ◎ UPPER BODY

### 01 PULL-UP

SETS **3** REPS **TO FAILURE** TEMPO **3010**

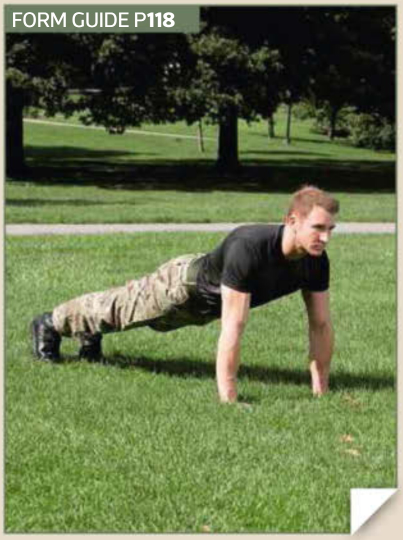
FORM GUIDE **P114**



### 02 PRESS-UP

SETS **3** REPS **10** TEMPO **3110**

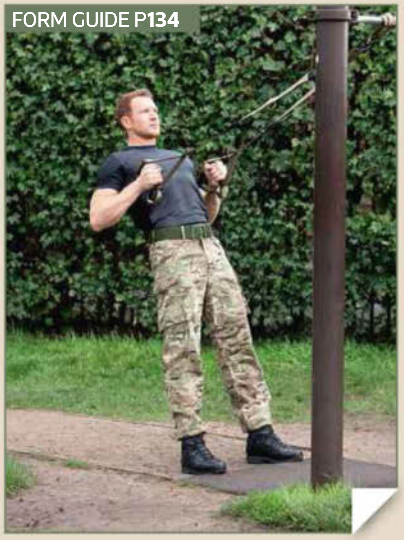
FORM GUIDE **P118**



### 03 TRX INVERTED ROW

SETS **3** REPS **10** TEMPO **3010**

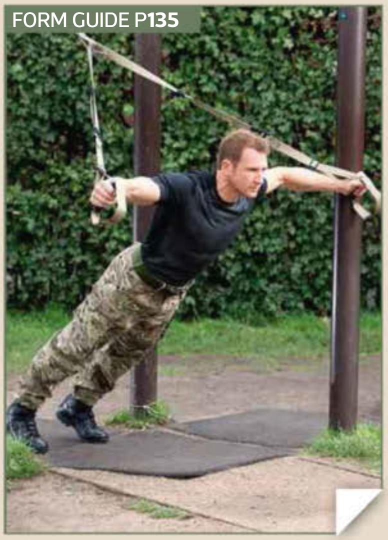
FORM GUIDE **P134**



### 04 TRX FLYE

SETS **3** REPS **TO FAILURE** TEMPO **3010**

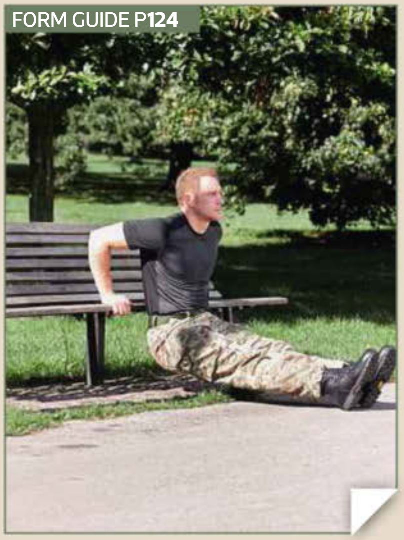
FORM GUIDE **P135**



### 05 BENCH DIP

SETS **3** REPS **TO FAILURE** TEMPO **3010**

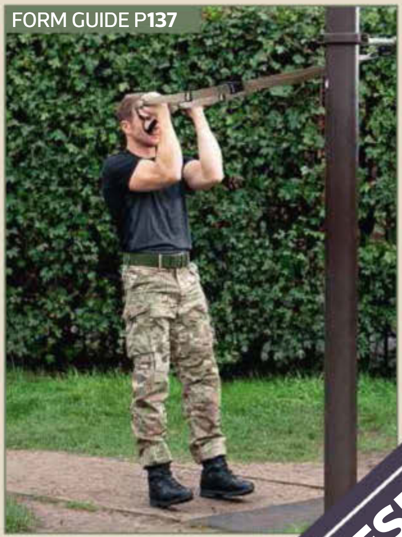
FORM GUIDE **P124**



### 06 TRX BICEPS CURL

SETS **3** REPS **TO FAILURE** TEMPO **3010**

FORM GUIDE **P137**



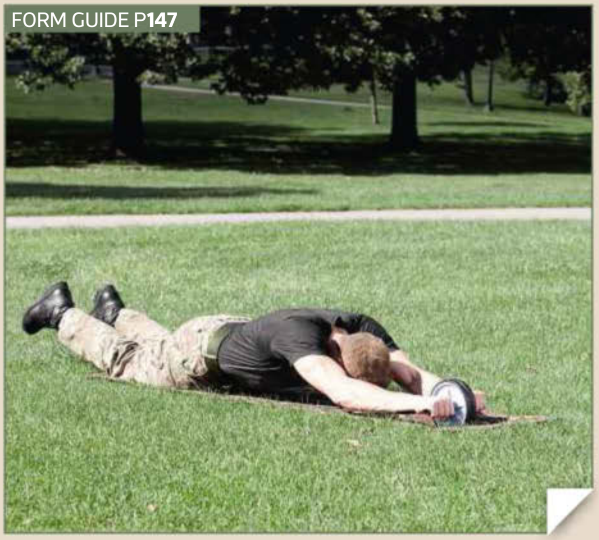
WEDNESDAY REST DAY

## THURSDAY ◎ INTERVALS AND CORE

### 01 ABS ROLL-OUT

SETS **3** REPS **8** TEMPO **3010**

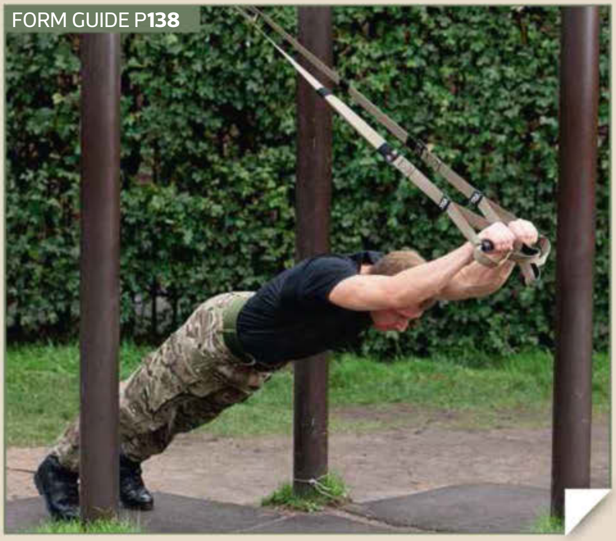
FORM GUIDE P**147**



### 02 TRX SUPERMAN

SETS **3** REPS **10** TEMPO **3010**

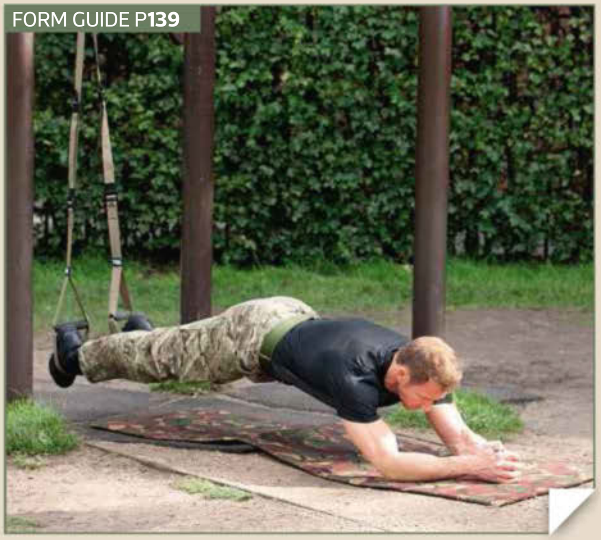
FORM GUIDE P**138**



### 03 TRX PLANK SAW

SETS **3** REPS **10** TEMPO **3010**

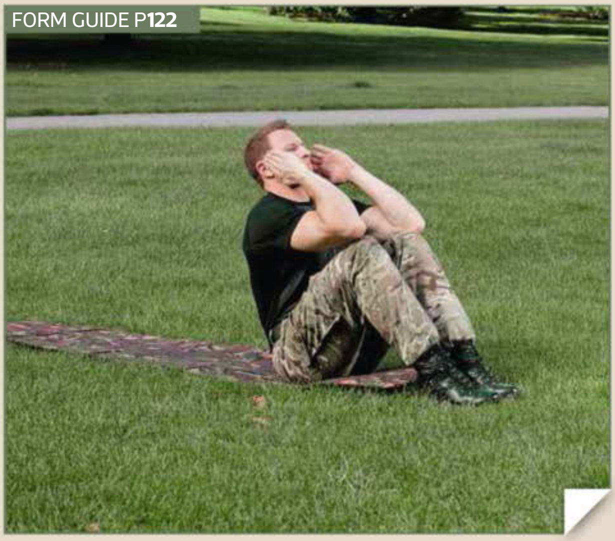
FORM GUIDE P**139**



### 04 SIT-UP

SETS **3** REPS **10** TEMPO **3010**

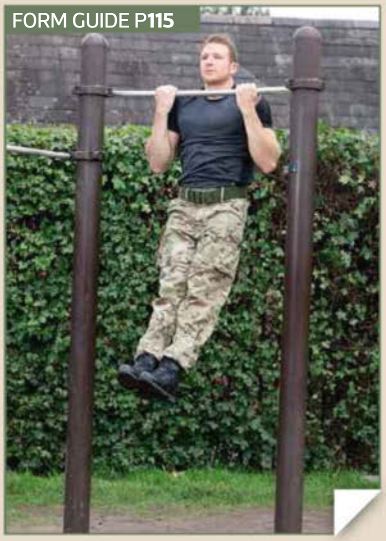
FORM GUIDE P**122**



## FRIDAY ◎ UPPER BODY

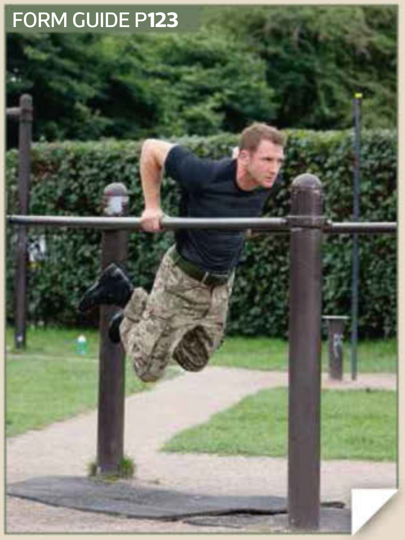
### 01 CHIN-UP

SETS **3** REPS **TO FAILURE** TEMPO **3010**


FORM GUIDE **P115**

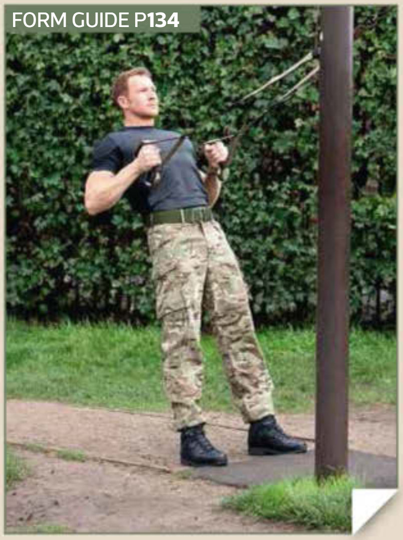
### 02 DIP

SETS **3** REPS **TO FAILURE** TEMPO **3010**


FORM GUIDE **P123**

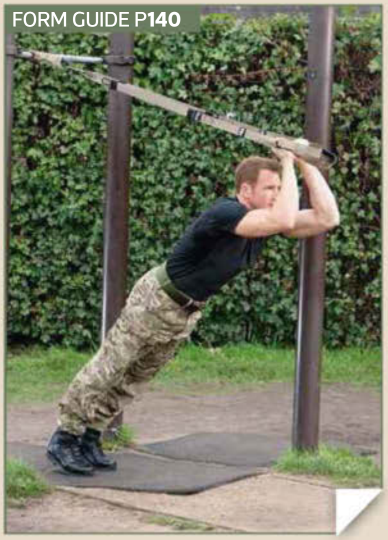
### 03 TRX INVERTED ROW

SETS **3** REPS **TO FAILURE** TEMPO **3010**


FORM GUIDE **P134**

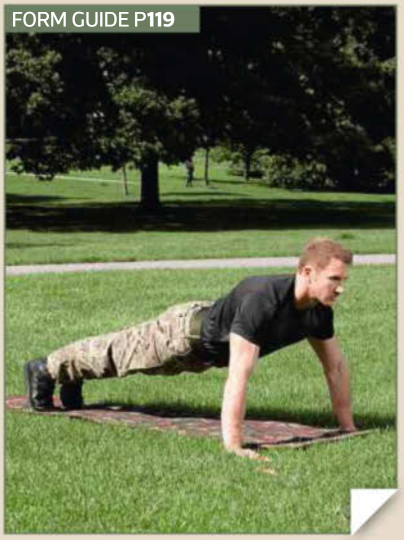
### 04 TRX TRICEPS EXTENSION

SETS **3** REPS **TO FAILURE** TEMPO **3010**


FORM GUIDE **P140**

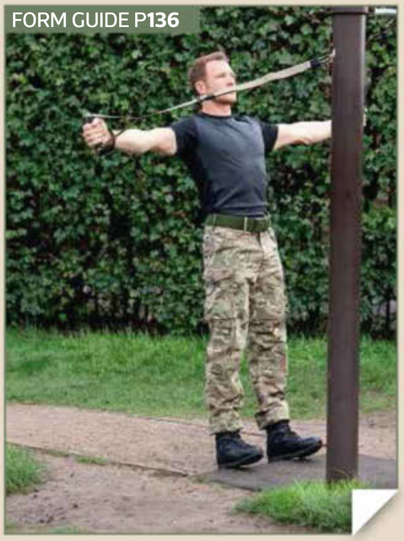
### 05 WIDE-ARM PRESS-UP

SETS **3** REPS **TO FAILURE** TEMPO **3010**


FORM GUIDE **P119**

### 06 TRX REVERSE FLYE

SETS **3** REPS **TO FAILURE** TEMPO **3010**


FORM GUIDE **P136**

## SATURDAY ◎ FINISHER – ARMS, TRUNK, LEG CIRCUIT

### 01 SPRINT

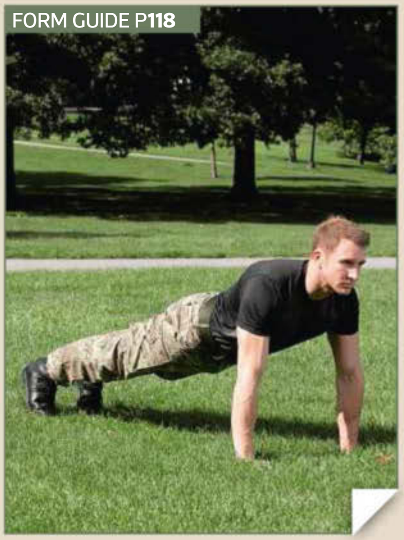
DISTANCE **200-300m**

**FORM GUIDE P149**

### 02 PRESS-UP

REPS **10** TEMPO **N/A**

FORM GUIDE P**118**



### 03 SPRINT

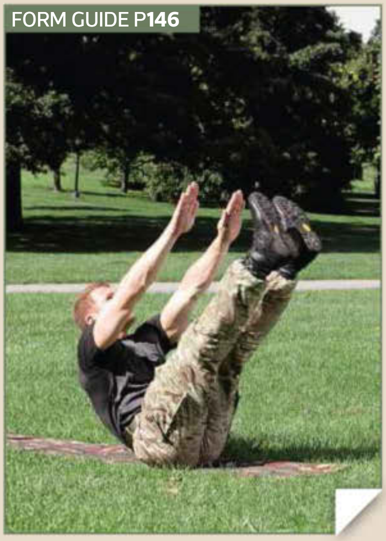
DISTANCE **200-300m**

**FORM GUIDE P149**

### 04 V-SIT

REPS **10** TEMPO **N/A**

FORM GUIDE P**146**



### 05 SPRINT

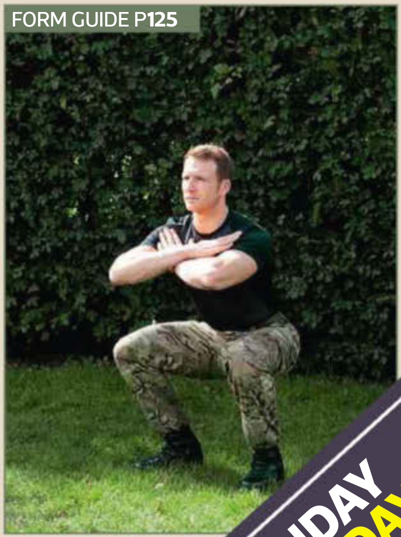
DISTANCE **200-300m**

**FORM GUIDE P149**

### 06 BODYWEIGHT SQUAT

REPS **10** TEMPO **N/A**

FORM GUIDE P**125**



REST FOR **2-5MIN, THEN REPEAT THREE TIMES**

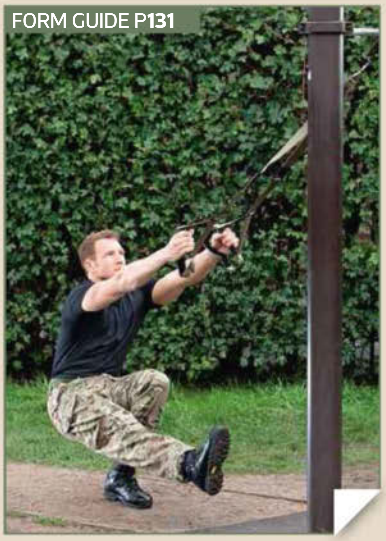
**SUNDAY REST DAY**

## MONDAY ◎ LEGS

### 01 TRX PISTOL SQUAT

SETS **3** REPS **8-12** TEMPO **4010**

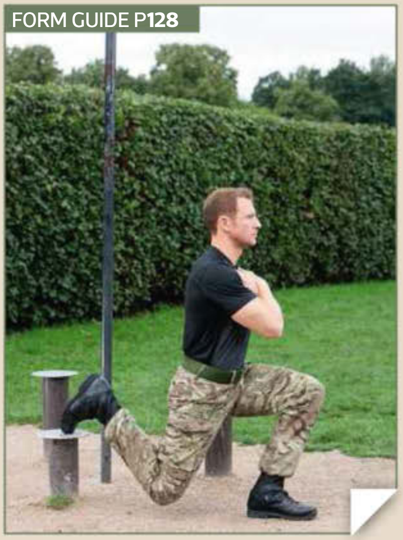
FORM GUIDE P**131**



### 02 SPLIT SQUAT

SETS **3** REPS **8-12 EACH SIDE** TEMPO **4010**

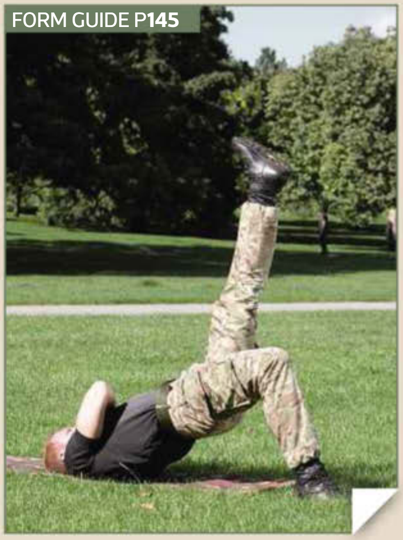
FORM GUIDE P**128**



### 03 SINGLE-LEG GLUTE BRIDGE

SETS **3** REPS **8-12 EACH SIDE** TEMPO **4010**

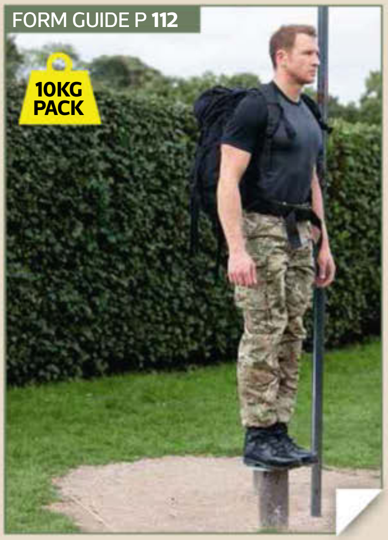
FORM GUIDE P**145**



### 04 STEP-UP WITH BACKPACK

SETS **2** REPS **8-12 EACH SIDE** TEMPO **3010**

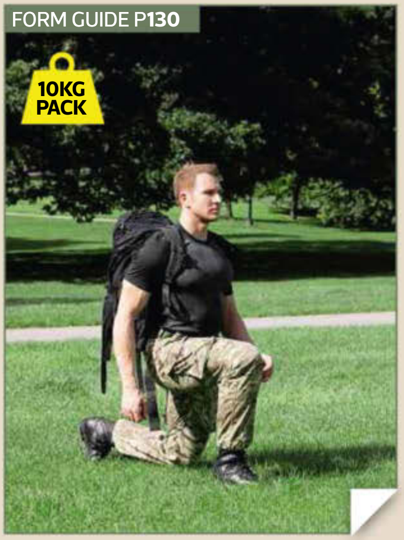
FORM GUIDE P **112**



### 05 WALKING LUNGE WITH BACKPACK

SETS **3** REPS **20 EACH SIDE** TEMPO **30X0**

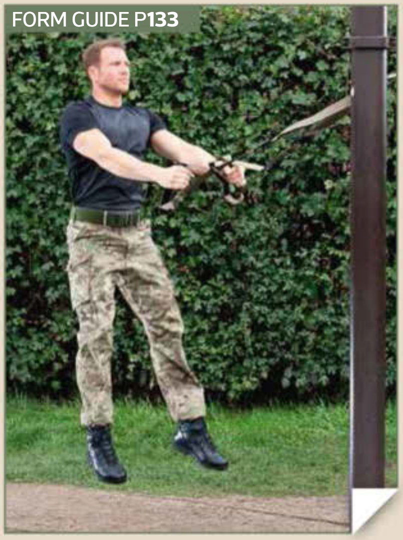
FORM GUIDE P**130**



### 06 TRX JUMP SQUAT

SETS **3** REPS **25** TEMPO **N/A**

FORM GUIDE P**133**

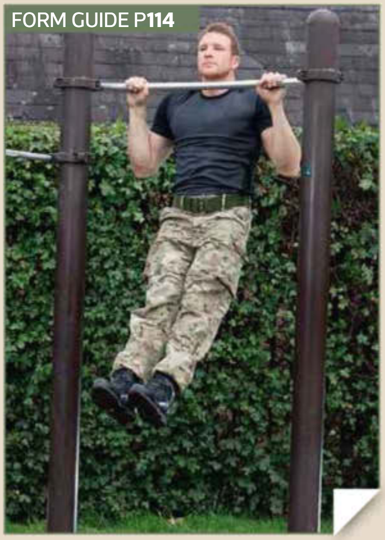


## TUESDAY ◎ UPPER BODY

### 01 PULL-UP

SETS **3** REPS **8-12** TEMPO **4010**

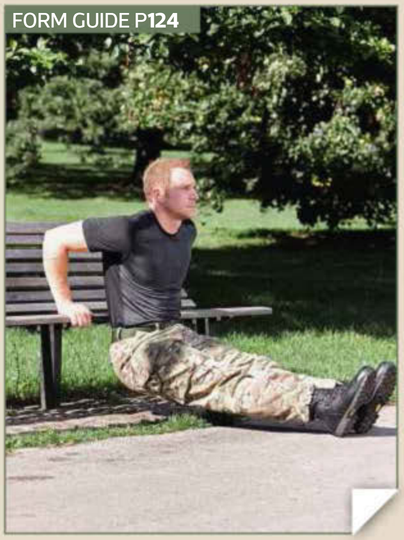
FORM GUIDE P**114**



### 02 BENCH DIP

SETS **3** REPS **8-12** TEMPO **4010**

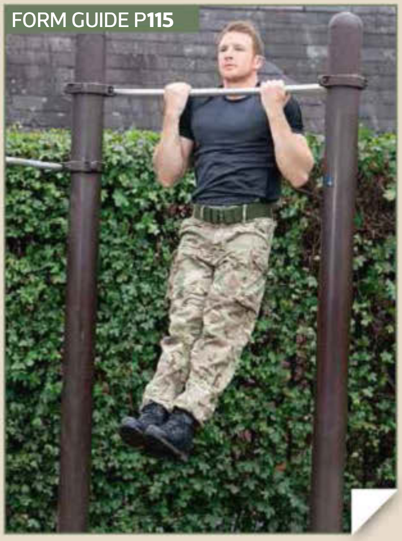
FORM GUIDE P**124**



### 03 CHIN-UP

SETS **3** REPS **8-12** TEMPO **4010**

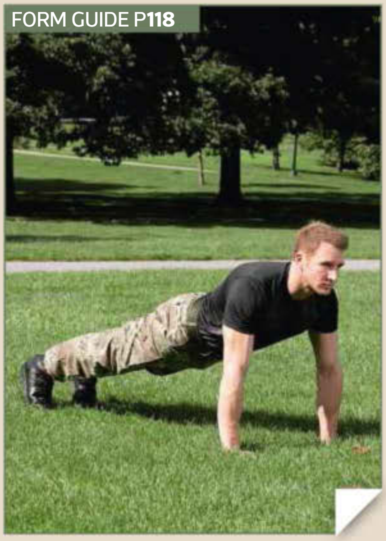
FORM GUIDE P**115**



### 04 PRESS-UP

SETS **3** REPS **8-12** TEMPO **4110**

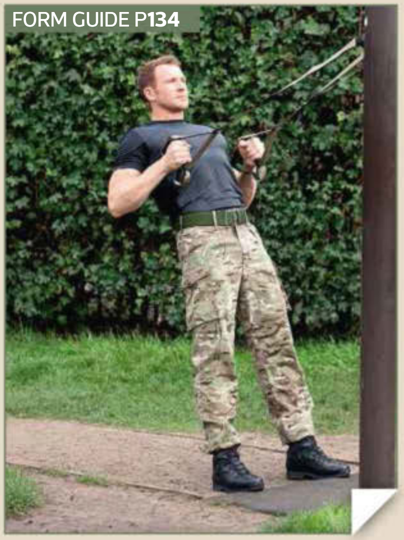
FORM GUIDE P**118**



### 05 TRX INVERTED ROW

**TABATA** FOR PROTOCOL SEE P**23**

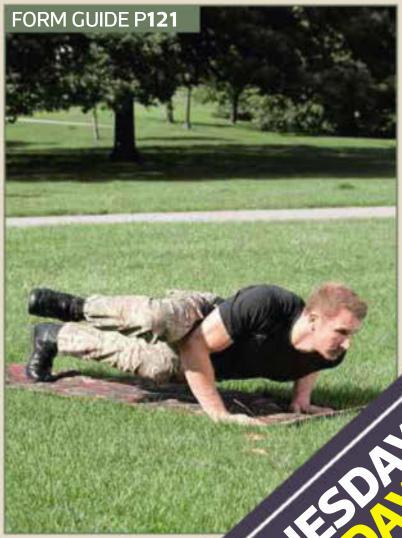
FORM GUIDE P**134**



### 06 SPIDER-MAN PRESS-UP

**TABATA** FOR PROTOCOL SEE P**23**

FORM GUIDE P**121**



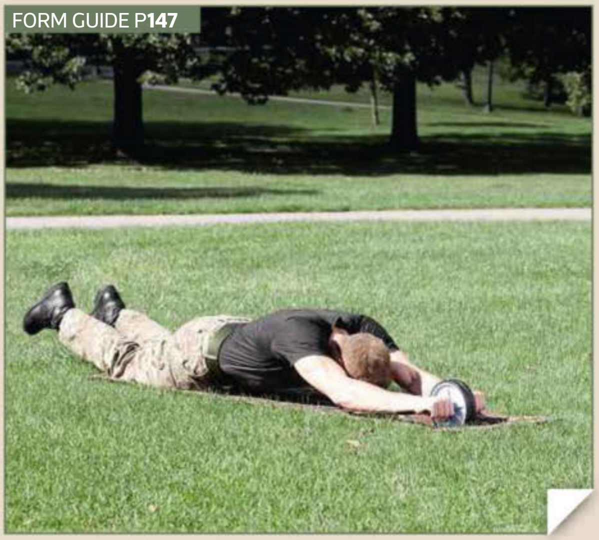
**WEDNESDAY REST DAY**

## THURSDAY ◎ INTERVALS AND CORE

### 01 ABS ROLL-OUT

SETS **3** REPS **8** TEMPO **3010**

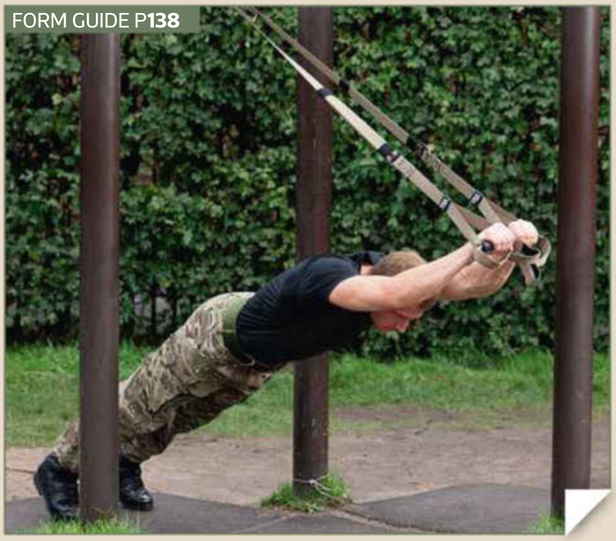
FORM GUIDE P**147**



### 02 TRX SUPERMAN

SETS **3** REPS **10-12** TEMPO **3010**

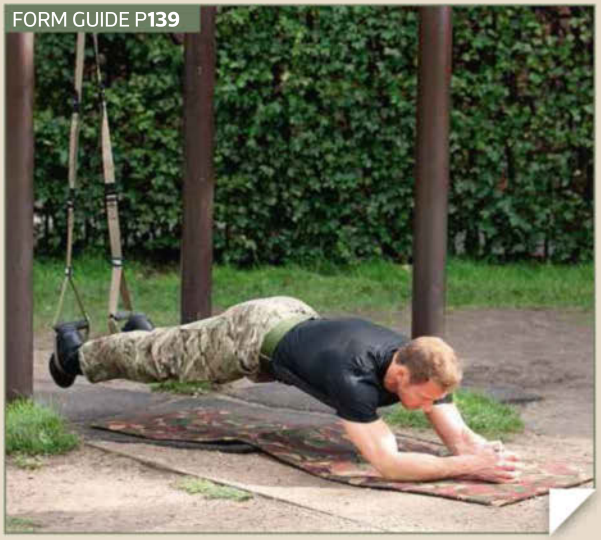
FORM GUIDE P**138**



### 03 TRX PLANK SAW

SETS **3** REPS **10-12** TEMPO **3010**

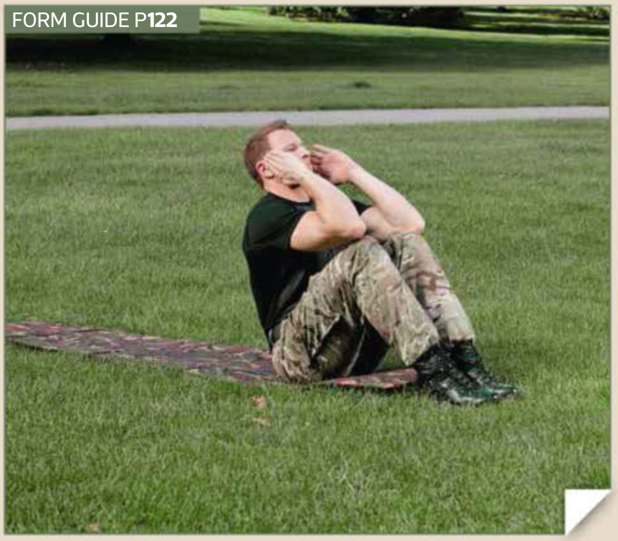
FORM GUIDE P**139**



### 04 SIT-UP

SETS **3** REPS **10-12** TEMPO **3010**

FORM GUIDE P**122**

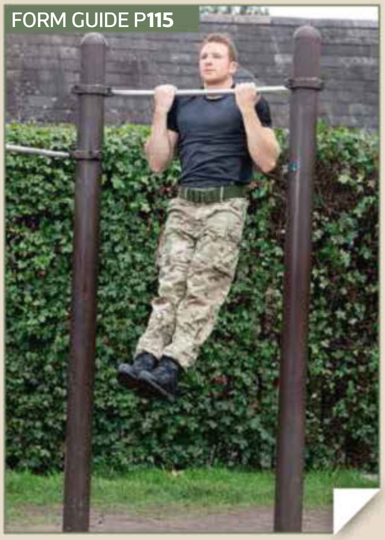


## FRIDAY ◎ UPPER BODY

### 01 CHIN-UP

SETS **3** REPS **8-12** TEMPO **4010**

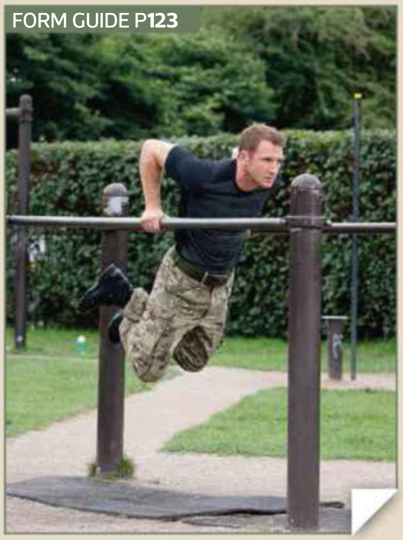
FORM GUIDE **P115**



### 02 DIP

SETS **3** REPS **8-12** TEMPO **4010**

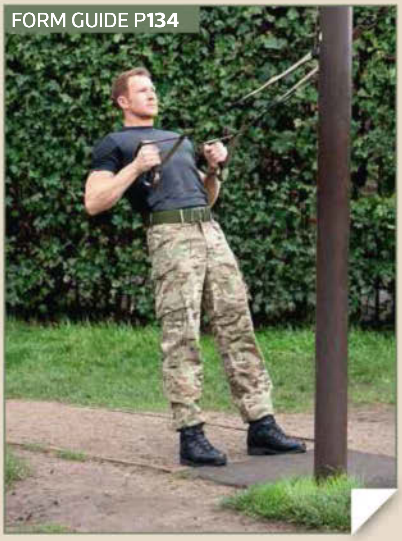
FORM GUIDE **P123**



### 03 TRX INVERTED ROW

SETS **3** REPS **8-12** TEMPO **4010**

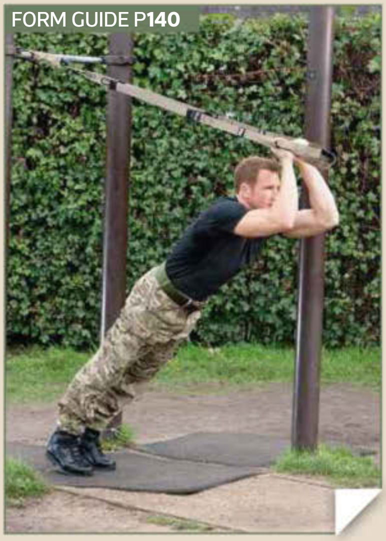
FORM GUIDE **P134**



### 04 TRX TRICEPS EXTENSION

SETS **3** REPS **8-12** TEMPO **4010**

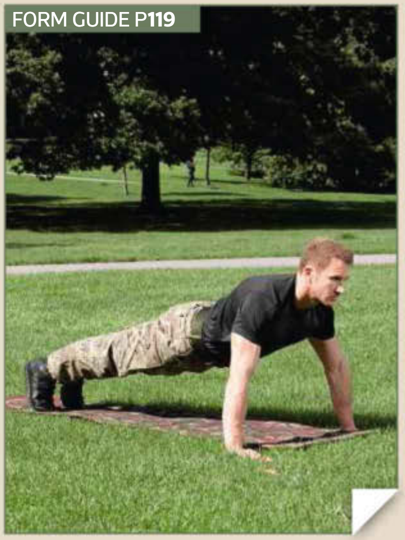
FORM GUIDE **P140**



### 05 WIDE-ARM PRESS-UP

SETS **3** REPS **8-12** TEMPO **4010**

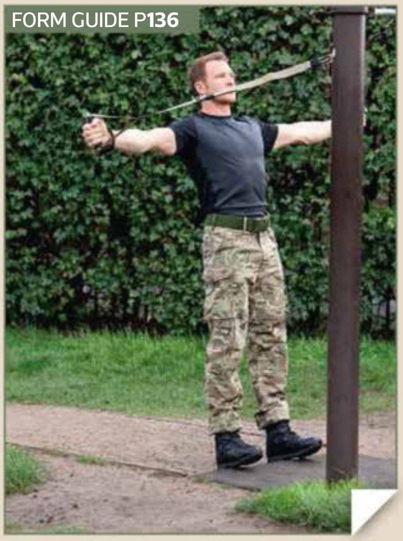
FORM GUIDE **P119**



### 06 TRX REVERSE FLYE

SETS **3** REPS **8-12** TEMPO **4010**

FORM GUIDE **P136**



## SATURDAY ◎ FINISHER – ARMS, TRUNK, LEG CIRCUIT

### 01 SPRINT

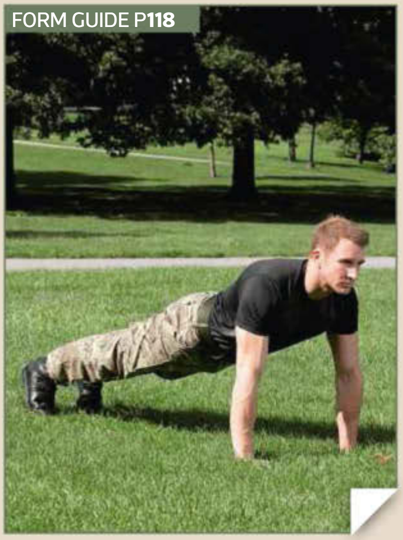
DISTANCE **200-300m**

FORM GUIDE **P149**

### 02 PRESS-UP

REPS **10** TEMPO **N/A**

FORM GUIDE **P118**



### 03 SPRINT

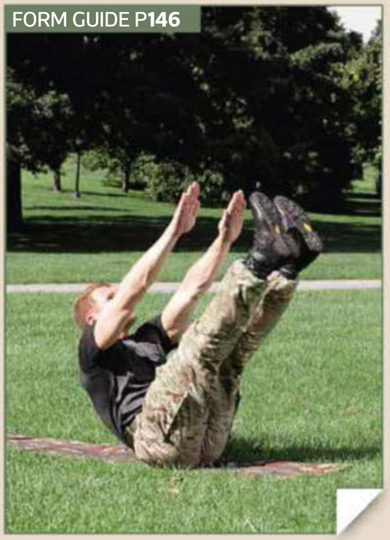
DISTANCE **200-300m**

FORM GUIDE **P149**

### 04 V-SIT

REPS **10** TEMPO **N/A**

FORM GUIDE **P146**



### 05 SPRINT

DISTANCE **200-300m**

FORM GUIDE **P149**

### 06 BODYWEIGHT SQUAT

REPS **10** TEMPO **N/A**

FORM GUIDE **P125**

REST FOR **2-5MIN, THEN REPEAT FOUR TIMES**

**SUNDAY REST DAY**

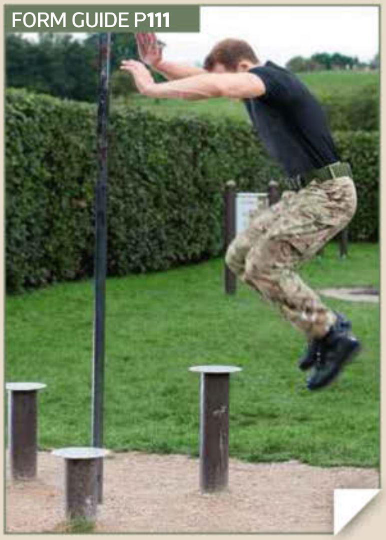
# WEEK 5

## MONDAY ◎ LEGS

### 01 THIGH-HEIGHT BOX JUMP

SETS **4** REPS **5** TEMPO **N/A**

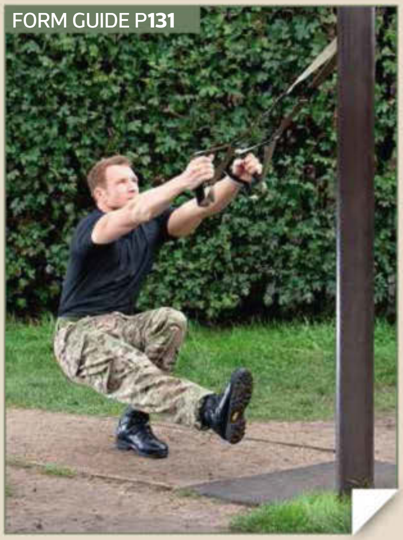
FORM GUIDE **P111**



### 02 TRX PISTOL SQUAT

SETS **3** REPS **TO FAILURE** TEMPO **4010**

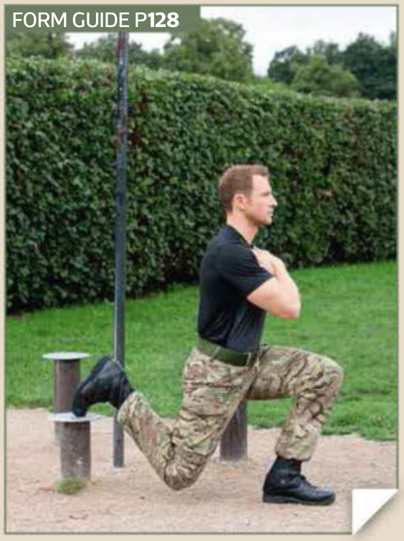
FORM GUIDE **P131**



### 03 SPLIT SQUAT

SETS **3** REPS **TO FAILURE** TEMPO **4010**

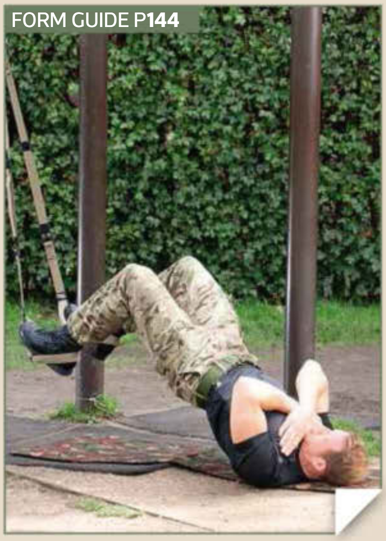
FORM GUIDE **P128**



### 04 TRX HAMSTRING BRIDGE

SETS **4** REPS **TO FAILURE** TEMPO **4010**

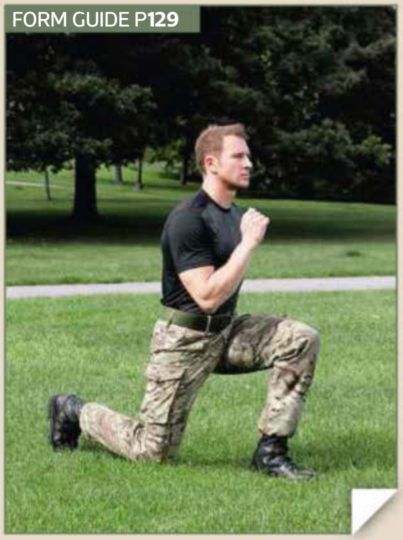
FORM GUIDE **P144**



### 05 WALKING LUNGE

SETS **3** REPS **20 EACH SIDE** TEMPO **40X0**

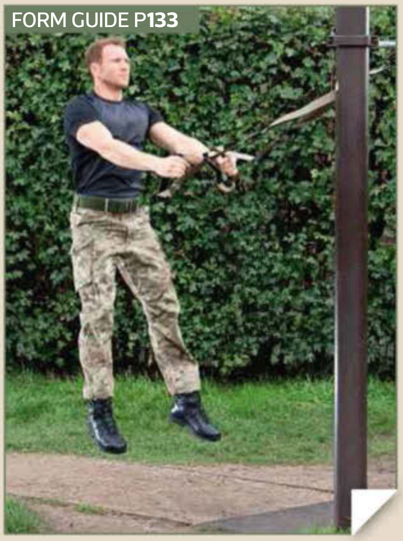
FORM GUIDE **P129**



### 06 TRX JUMP SQUAT

SETS **3** REPS **25** TEMPO **N/A**

FORM GUIDE **P133**

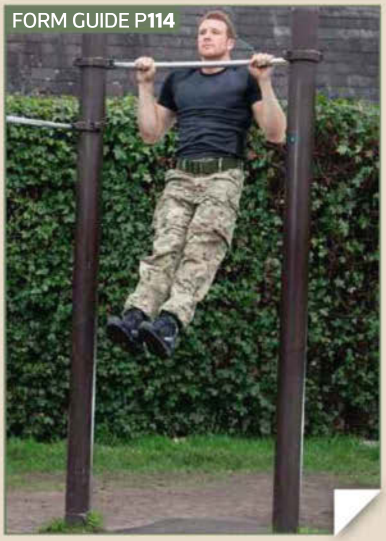


## TUESDAY ◎ UPPER BODY

### 01 PULL-UP

SETS **3** REPS **TO FAILURE** TEMPO **4010**

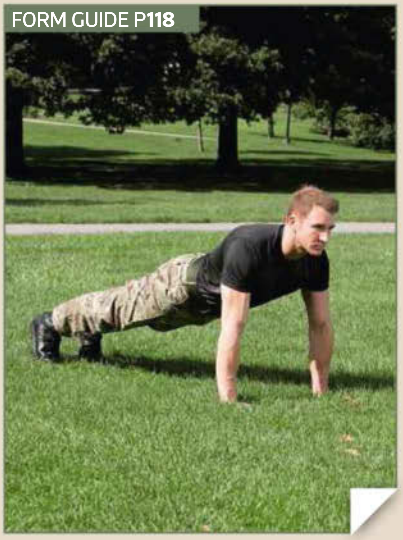
FORM GUIDE P**114**



### 02 PRESS-UP

SETS **3** REPS **TO FAILURE** TEMPO **4110**

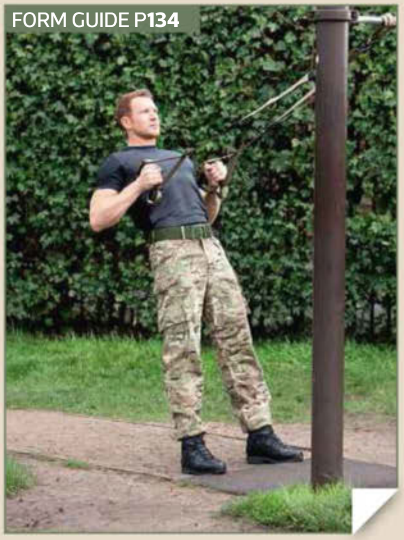
FORM GUIDE P**118**



### 03 TRX INVERTED ROW

SETS **3** REPS **TO FAILURE** TEMPO **4110**

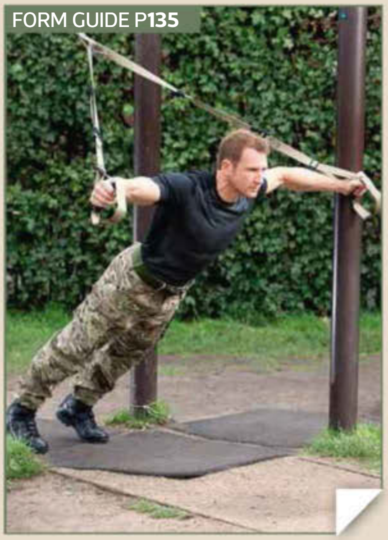
FORM GUIDE P**134**



### 04 TRX FLYE

SETS **3** REPS **TO FAILURE** TEMPO **4010**

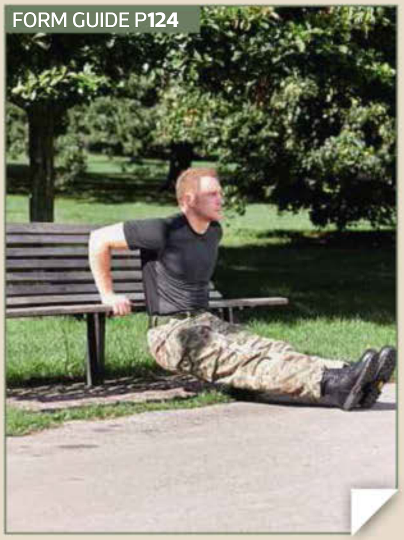
FORM GUIDE P**135**



### 05 BENCH DIP

SETS **4** REPS **TO FAILURE** TEMPO **4010**

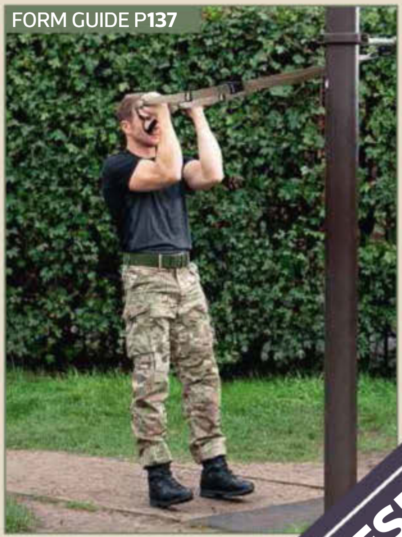
FORM GUIDE P**124**



### 06 TRX BICEPS CURL

SETS **3** REPS **TO FAILURE** TEMPO **4010**

FORM GUIDE P**137**



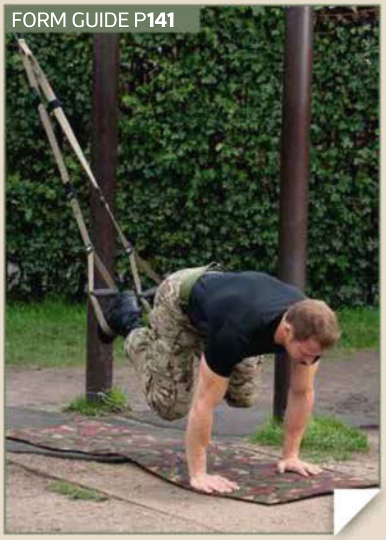
**WEDNESDAY REST DAY**

## THURSDAY ◎ ABS CIRCUIT

### 01 TRX KNEES TO CHEST

REPS **8–12** TEMPO **N/A**

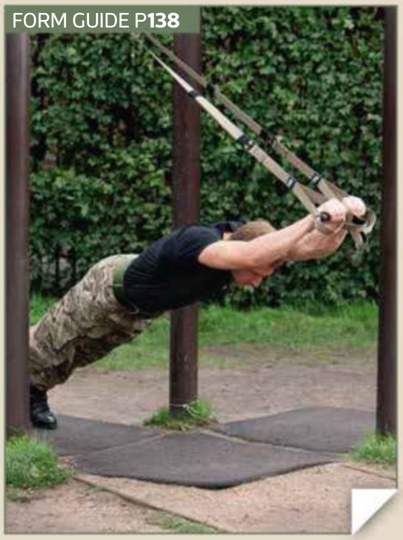
FORM GUIDE P**141**



### 02 TRX SUPERMAN

REPS **8–12** TEMPO **N/A**

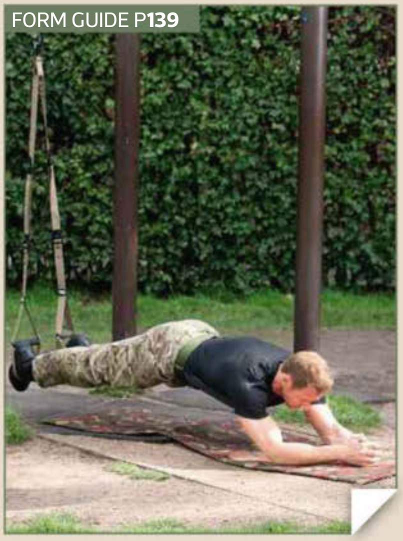
FORM GUIDE P**138**



### 03 TRX PLANK SAW

REPS **8–12** TEMPO **N/A**

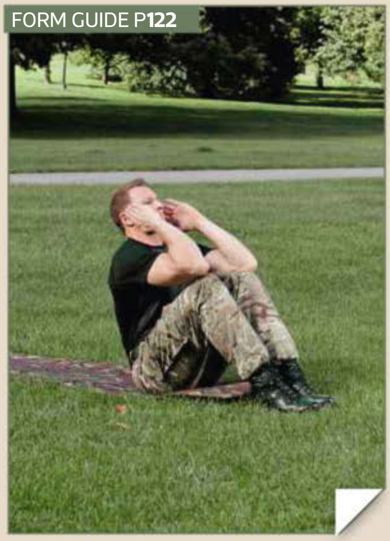
FORM GUIDE P**139**



### 04 SIT-UP

REPS **8–12** TEMPO **N/A**

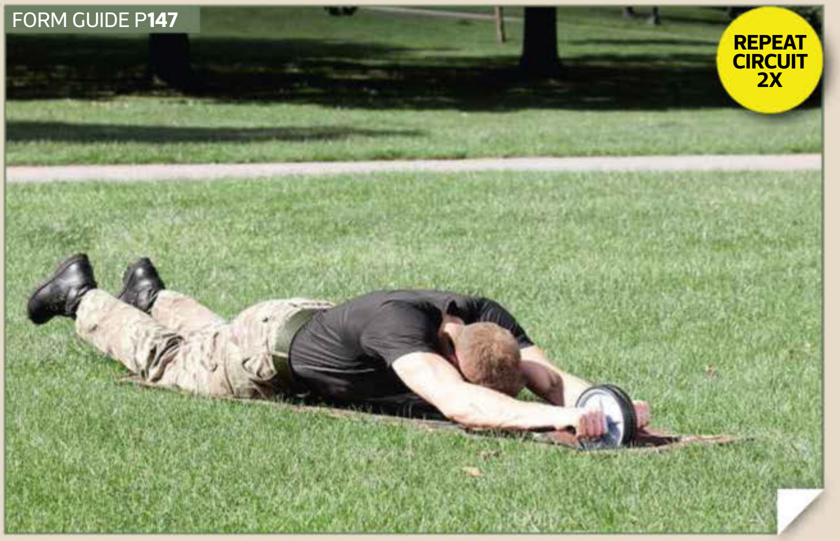
FORM GUIDE P**122**



### 05 ABS ROLL-OUT

REPS **TO FAILURE** TEMPO **N/A**

FORM GUIDE P**147**



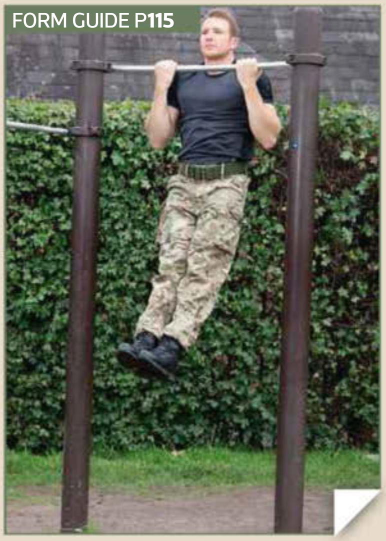
**REPEAT CIRCUIT 2X**

## FRIDAY ◉ UPPER BODY

### 01

### CHIN-UP

SETS **3** REPS **TO FAILURE** TEMPO **4010**

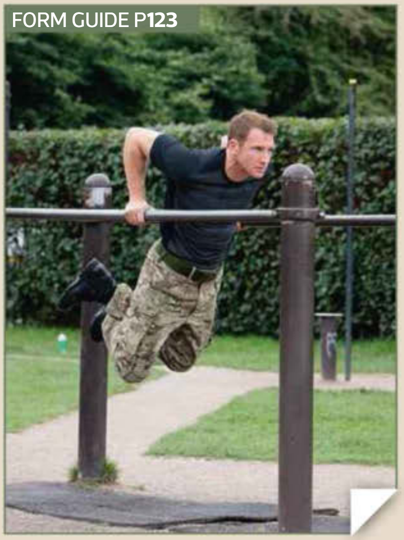


FORM GUIDE **P115**

### 02

### DIP

SETS **3** REPS **TO FAILURE** TEMPO **4010**

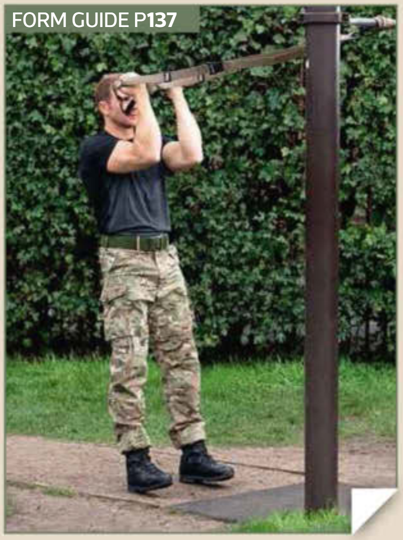


FORM GUIDE **P123**

### 03

### TRX BICEPS CURL

SETS **3** REPS **TO FAILURE** TEMPO **4010**

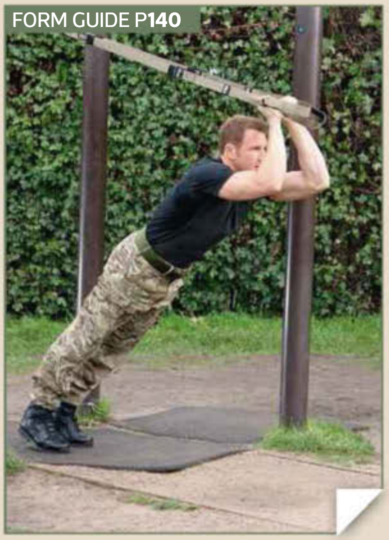


FORM GUIDE **P137**

### 04

### TRX TRICEPS EXTENSION

SETS **3** REPS **TO FAILURE** TEMPO **4010**

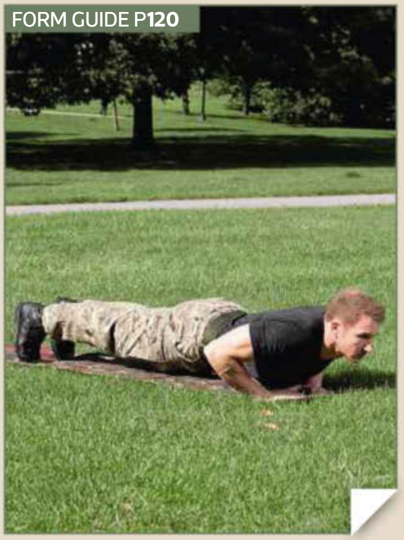


FORM GUIDE **P140**

### 05

### DIAMOND PRESS-UP

SETS **3** REPS **TO FAILURE** TEMPO **4010**

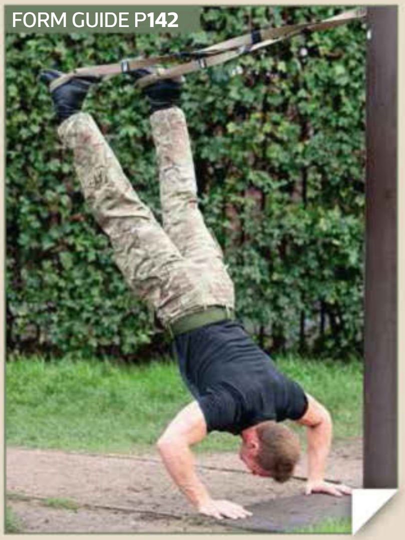


FORM GUIDE **P120**

### 06

### TRX HANDSTAND SHOULDER PRESS

SETS **3** REPS **TO FAILURE** TEMPO **4010**



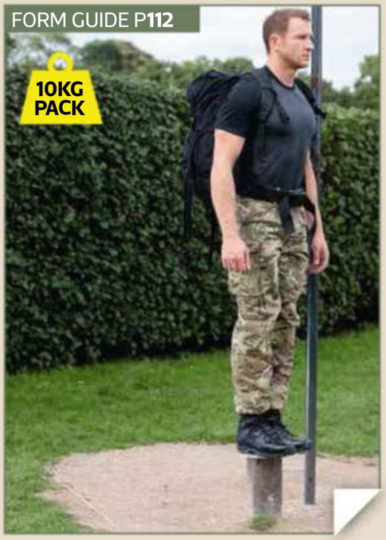
FORM GUIDE **P142**

## SATURDAY ◎ FINISHER

### 01 STEP-UP

REPS **40** TEMPO **N/A**

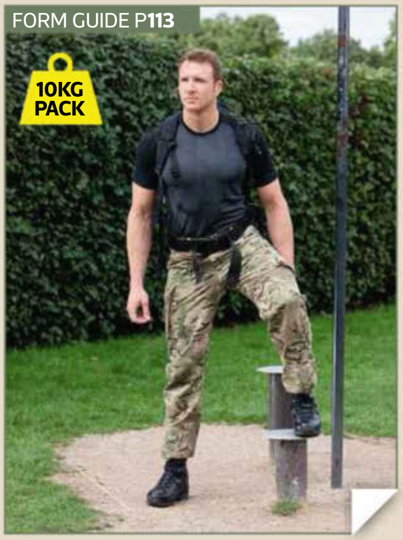
FORM GUIDE P**112**



### 02 SIDE STEP-UP

REPS **20 EACH SIDE** TEMPO **N/A**

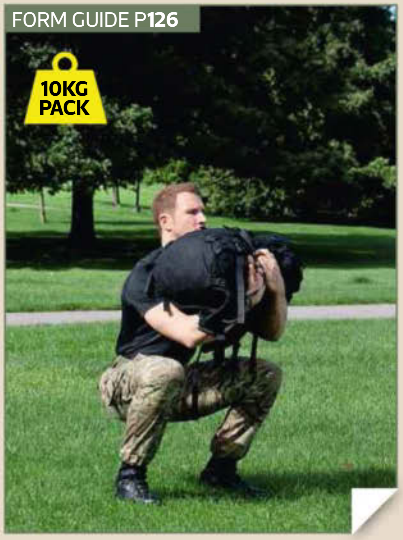
FORM GUIDE P**113**



### 03 FRONT SQUAT

REPS **30** TEMPO **N/A**

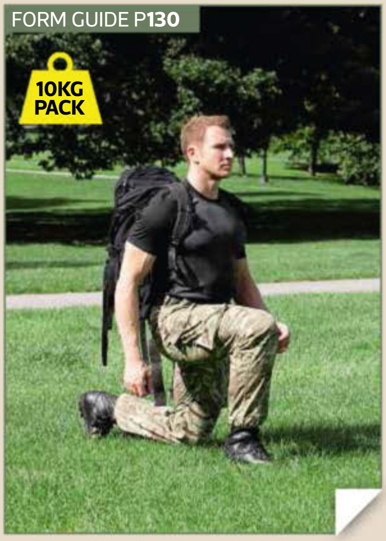
FORM GUIDE P**126**



### 04 WALKING LUNGE WITH BACKPACK

REPS **40 EACH SIDE** TEMPO **N/A**

FORM GUIDE P**130**



### 05 HILL/STAIR RUN

REPS **4** DISTANCE **75M** TEMPO **N/A**

FORM GUIDE P**149**

**REPEAT THE CIRCUIT WITHOUT RESTING**

**SUNDAY REST DAY**

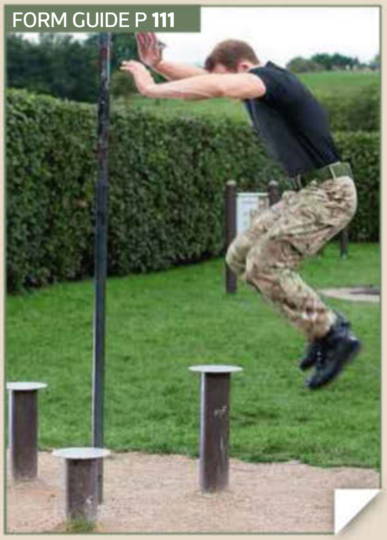
# WEEK 6

## MONDAY ◎ LEGS

### 01 THIGH-HEIGHT BOX JUMP

SETS **3** REPS **5** TEMPO **N/A**

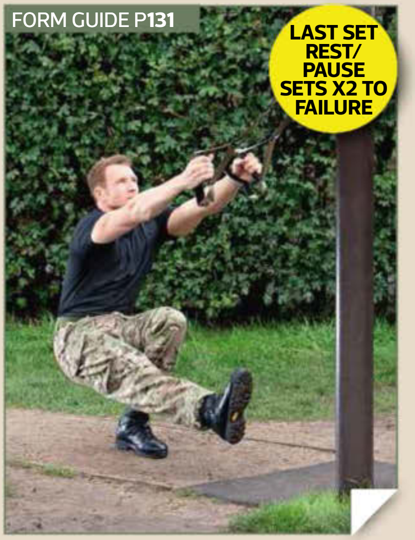
FORM GUIDE P **111**



### 02 TRX PISTOL SQUAT

SETS **3** REPS **8-12 EACH SIDE** TEMPO **4010**

FORM GUIDE P**131**

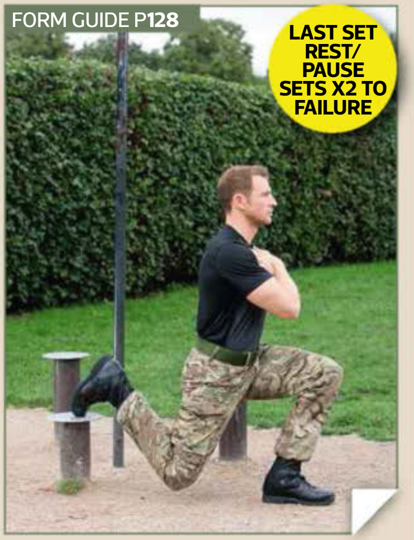


**LAST SET REST/ PAUSE SETS X2 TO FAILURE**

### 03 SPLIT SQUAT

SETS **3** REPS **8-12 EACH SIDE** TEMPO **4010**

FORM GUIDE P**128**

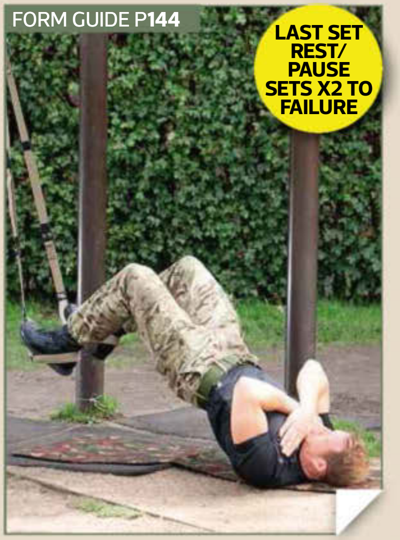


**LAST SET REST/ PAUSE SETS X2 TO FAILURE**

### 04 TRX HAMSTRING BRIDGE

SETS **3** REPS **8-12** TEMPO **4010**

FORM GUIDE P**144**

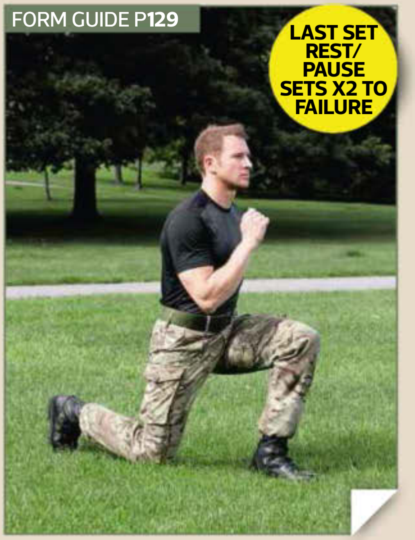


**LAST SET REST/ PAUSE SETS X2 TO FAILURE**

### 05 WALKING LUNGE

SETS **3** REPS **20 EACH SIDE** TEMPO **4010**

FORM GUIDE P**129**

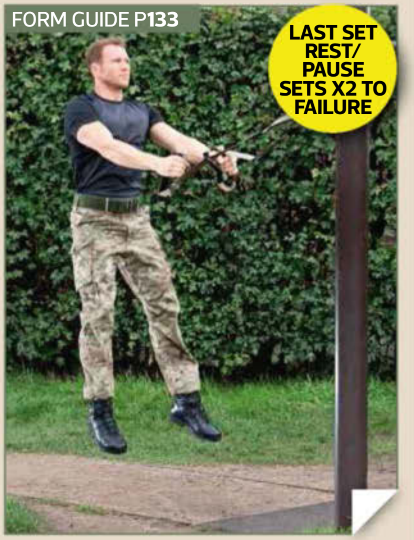


**LAST SET REST/ PAUSE SETS X2 TO FAILURE**

### 06 TRX JUMP SQUAT

SETS **3** REPS **25** TEMPO **N/A**

FORM GUIDE P**133**



**LAST SET REST/ PAUSE SETS X2 TO FAILURE**

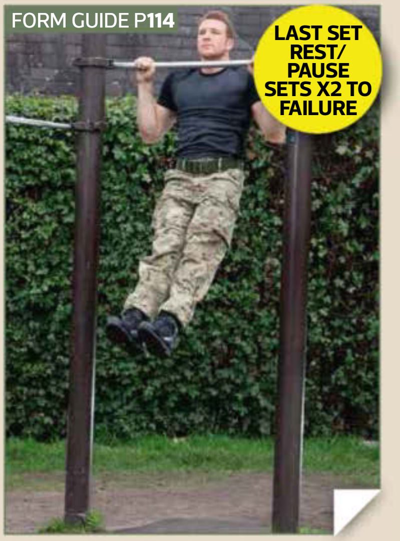
## WEEK 6

## TUESDAY ◎ UPPER BODY

### 01 PULL-UP

SETS **3** REPS **TO FAILURE** TEMPO **4010**

FORM GUIDE P**114**

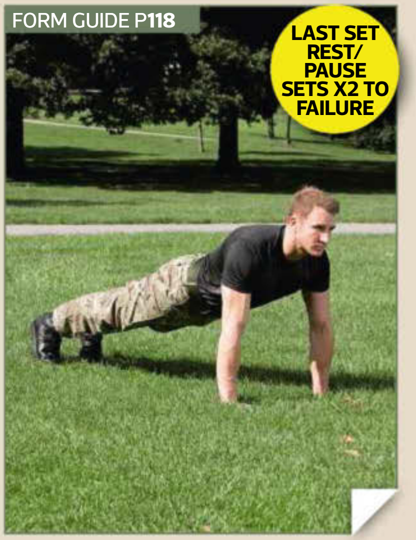


LAST SET REST/ PAUSE SETS X2 TO FAILURE

### 02 PRESS-UP

SETS **3** REPS **8-12** TEMPO **4110**

FORM GUIDE P**118**

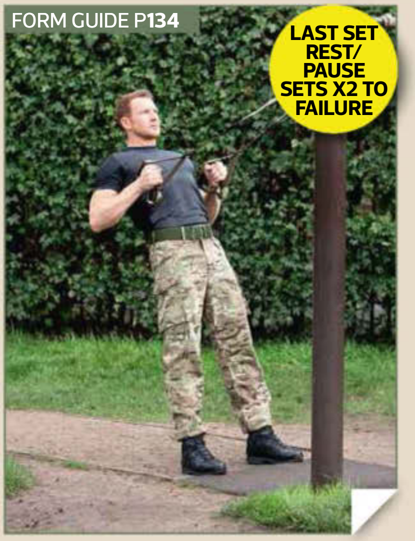


LAST SET REST/ PAUSE SETS X2 TO FAILURE

### 03 TRX INVERTED ROW

SETS **3** REPS **8-12** TEMPO **4010**

FORM GUIDE P**134**

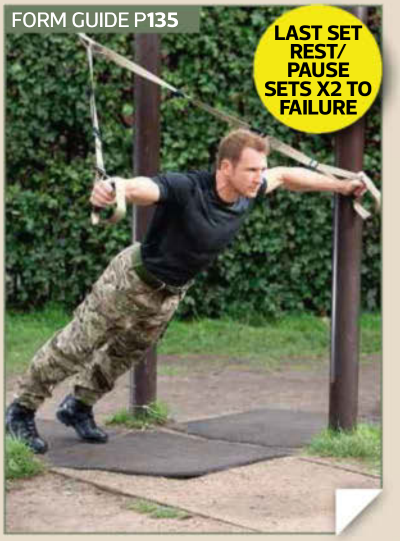


LAST SET REST/ PAUSE SETS X2 TO FAILURE

### 04 TRX FLYE

SETS **3** REPS **8-12** TEMPO **4010**

FORM GUIDE P**135**

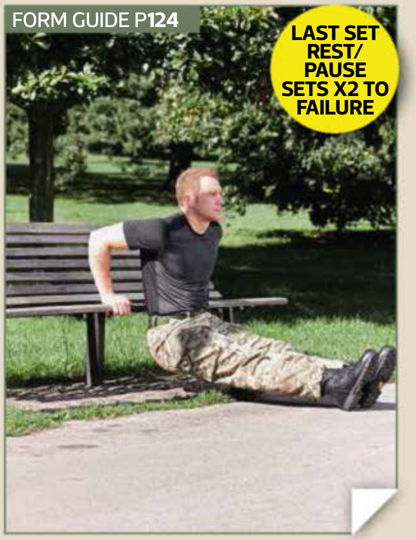


LAST SET REST/ PAUSE SETS X2 TO FAILURE

### 05 BENCH DIP

SETS **3** REPS **8-12** TEMPO **4010**

FORM GUIDE P**124**

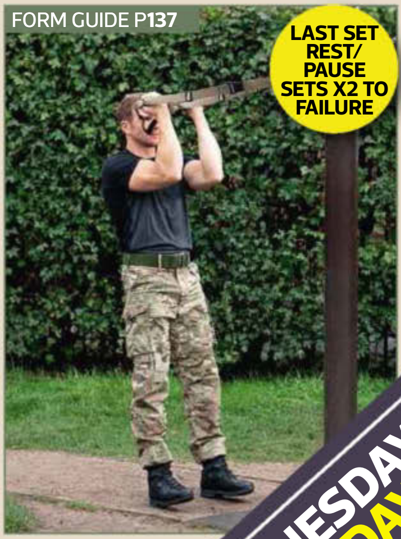


LAST SET REST/ PAUSE SETS X2 TO FAILURE

### 06 TRX BICEPS CURL

SETS **3** REPS **8-12** TEMPO **4010**

FORM GUIDE P**137**



LAST SET REST/ PAUSE SETS X2 TO FAILURE

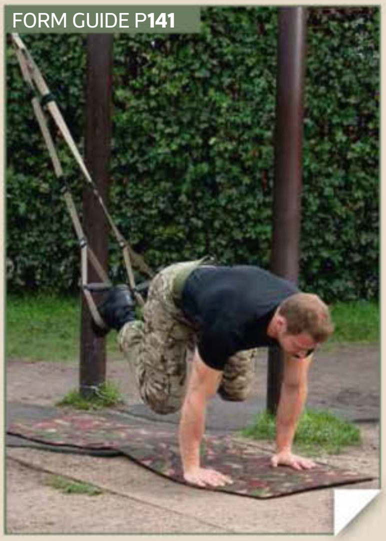
WEDNESDAY REST DAY

# THURSDAY ◎ ABS CIRCUIT

### 01 TRX KNEES TO CHEST

REPS **10-15** TEMPO **N/A**

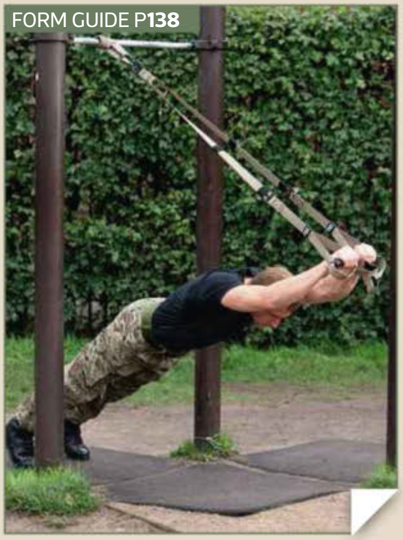
FORM GUIDE P**141**



### 02 TRX SUPERMAN

REPS **10-15** TEMPO **N/A**

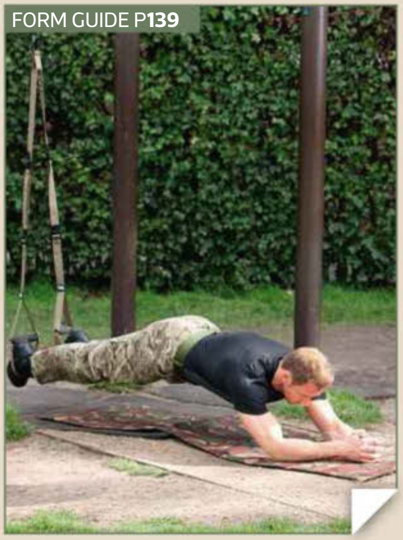
FORM GUIDE P**138**



### 03 TRX PLANK SAW

REPS **10-15** TEMPO **N/A**

FORM GUIDE P**139**



### 04 SIT-UP

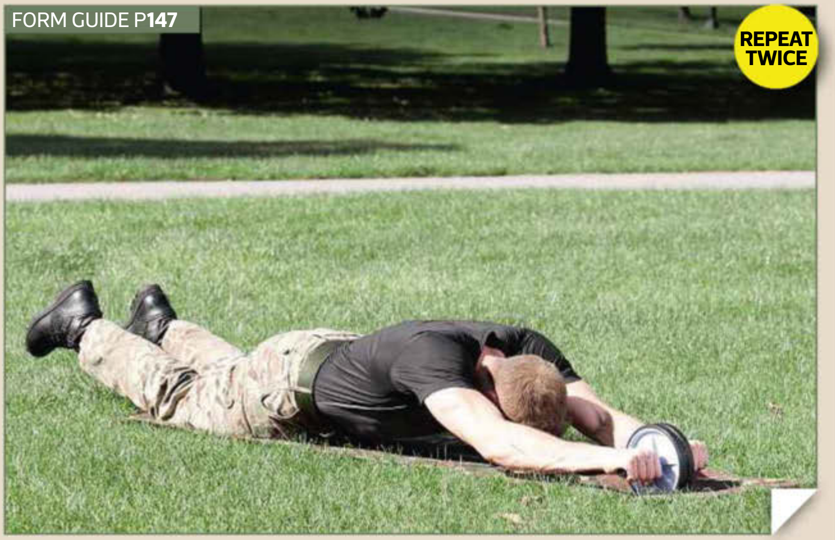
REPS **10-15** TEMPO **N/A**

FORM GUIDE P**122**

### 05 ABS ROLL-OUT

REPS **TO FAILURE** TEMPO **N/A**

FORM GUIDE P**147**



**REPEAT TWICE**

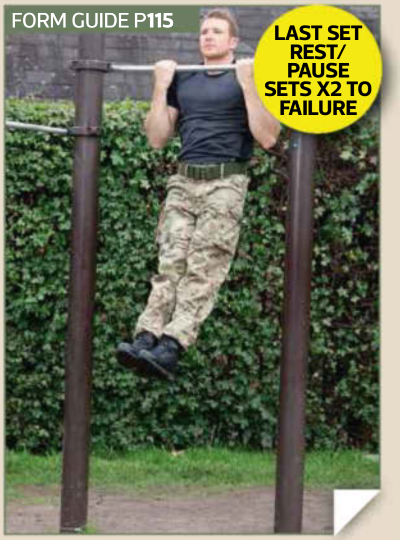
# WEEK 6

## FRIDAY ◎ UPPER BODY

### 01 CHIN-UP

SETS **3** REPS **8-12** TEMPO **4010**

FORM GUIDE P**115**

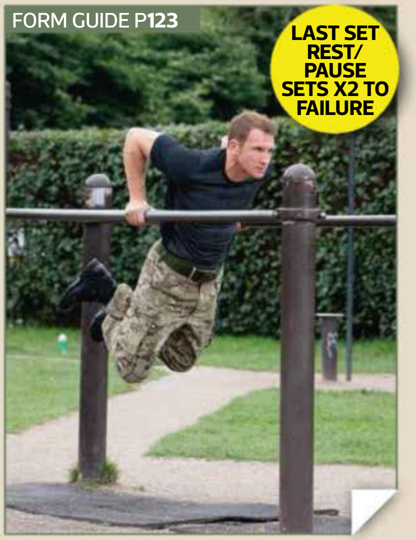


**LAST SET REST/ PAUSE SETS X2 TO FAILURE**

### 02 DIP

SETS **3** REPS **8-12** TEMPO **4010**

FORM GUIDE P**123**

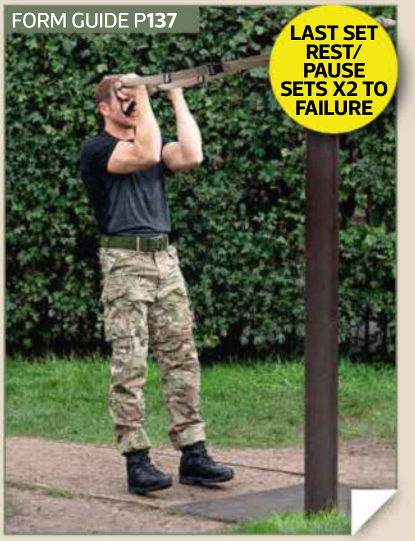


**LAST SET REST/ PAUSE SETS X2 TO FAILURE**

### 03 TRX BICEPS CURL

SETS **3** REPS **8-12** TEMPO **4010**

FORM GUIDE P**137**

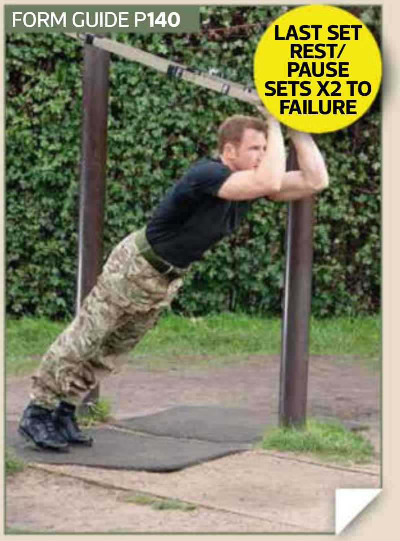


**LAST SET REST/ PAUSE SETS X2 TO FAILURE**

### 04 TRX TRICEPS EXTENSION

SETS **3** REPS **8-12** TEMPO **4010**

FORM GUIDE P**140**

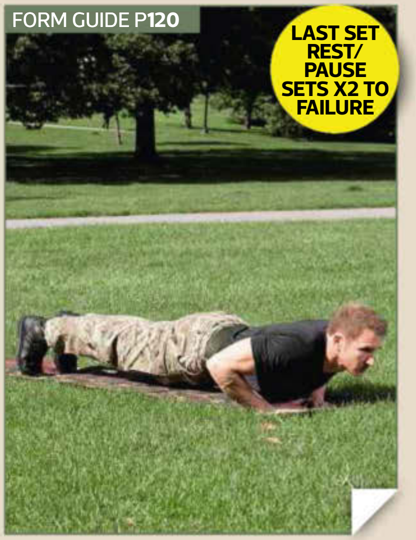


**LAST SET REST/ PAUSE SETS X2 TO FAILURE**

### 05 DIAMOND PRESS-UP

SETS **3** REPS **8-12** TEMPO **4010**

FORM GUIDE P**120**

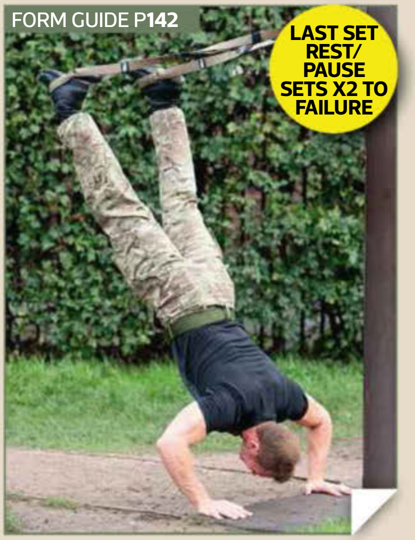


**LAST SET REST/ PAUSE SETS X2 TO FAILURE**

### 06 TRX HANDSTAND SHOULDER PRESS

SETS **3** REPS **TO FAILURE** TEMPO **4010**

FORM GUIDE P**142**

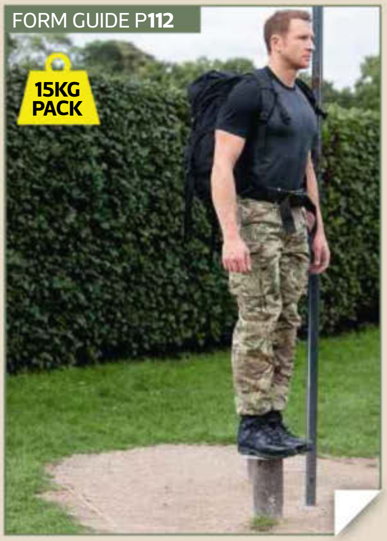


**LAST SET REST/ PAUSE SETS X2 TO FAILURE**

# SATURDAY ⊕ FINISHER

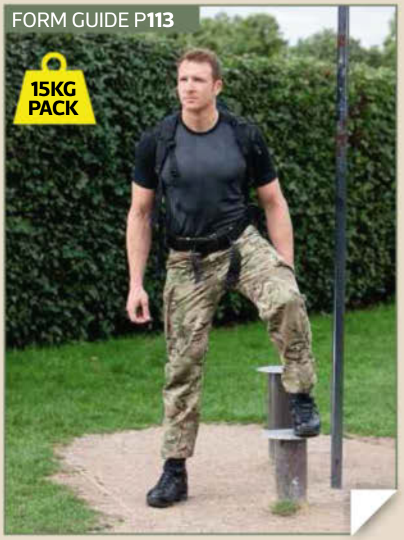
## 01 STEP-UP

REPS **20 EACH SIDE** TEMPO **N/A**


FORM GUIDE P**112**

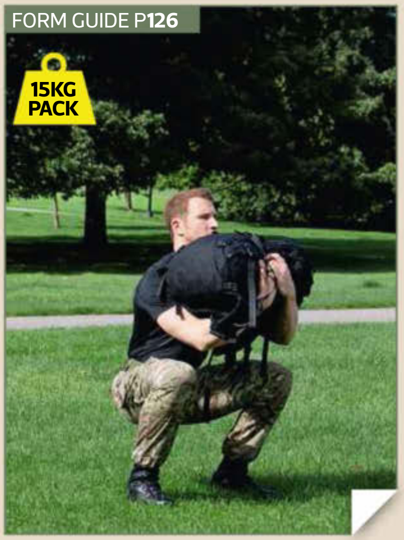
## 02 SIDE STEP-UP

REPS **20 EACH SIDE** TEMPO **N/A**


FORM GUIDE P**113**

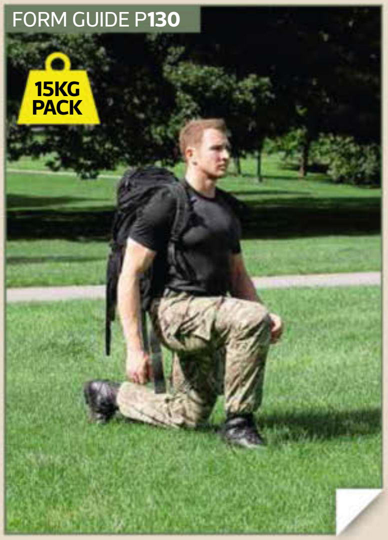
## 03 FRONT SQUAT

REPS **30** TEMPO **N/A**


FORM GUIDE P**126**

## 04 WALKING LUNGE WITH BACKPACK

REPS **40** TEMPO **N/A**


FORM GUIDE P**130**

## 05 HILL/STAIR RUN

REPS **4** DISTANCE **100M** TEMPO **N/A**

FORM GUIDE P**149**

**REPEAT THE CIRCUIT WITHOUT RESTING**

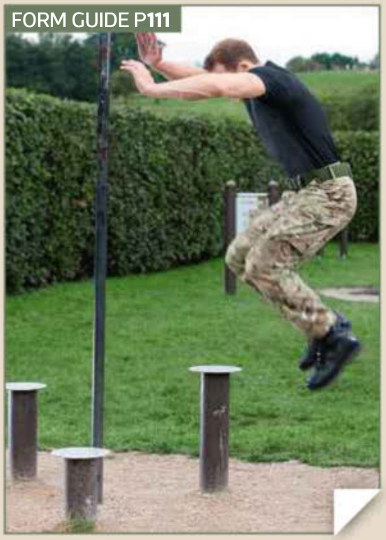
SUNDAY
REST DAY

# WEEK 7

## MONDAY ◎ LEGS

### 01 THIGH-HEIGHT BOX JUMP

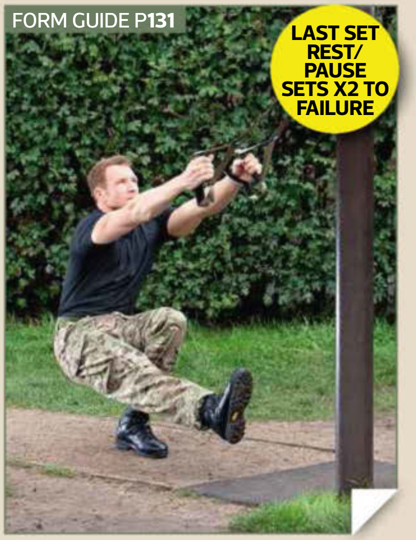
SETS **4** REPS **5** TEMPO **N/A**



FORM GUIDE P111

### 02 TRX PISTOL SQUAT

SETS **3** REPS **8-12 EACH SIDE** TEMPO **5010**

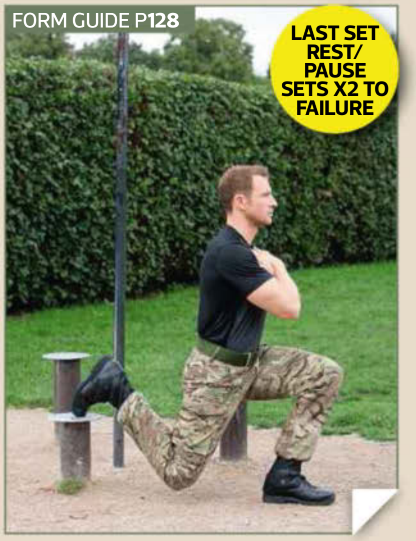


FORM GUIDE P131

LAST SET REST/ PAUSE SETS X2 TO FAILURE

### 03 SPLIT SQUAT

SETS **3** REPS **8-12 EACH SIDE** TEMPO **5010**

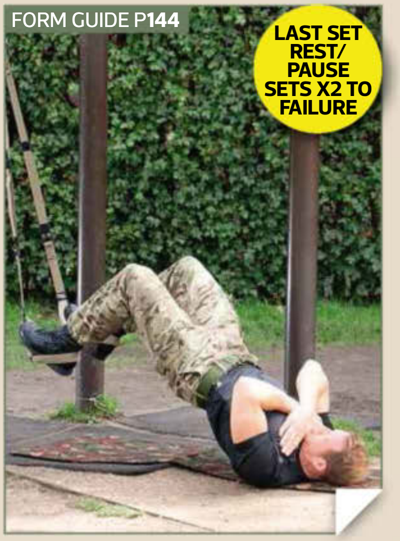


FORM GUIDE P128

LAST SET REST/ PAUSE SETS X2 TO FAILURE

### 04 TRX HAMSTRING BRIDGE

SETS **3** REPS **8-12** TEMPO **5010**

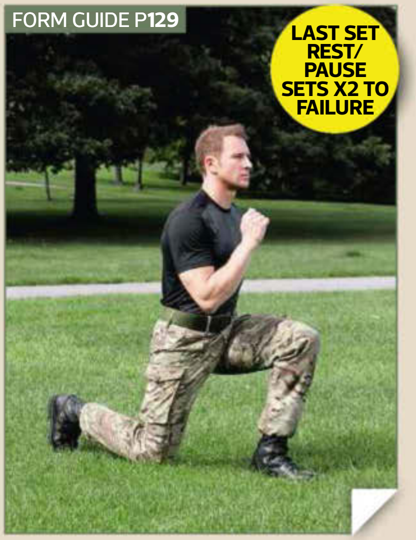


FORM GUIDE P144

LAST SET REST/ PAUSE SETS X2 TO FAILURE

### 05 WALKING LUNGE

SETS **3** REPS **20 EACH SIDE** TEMPO **50X0**

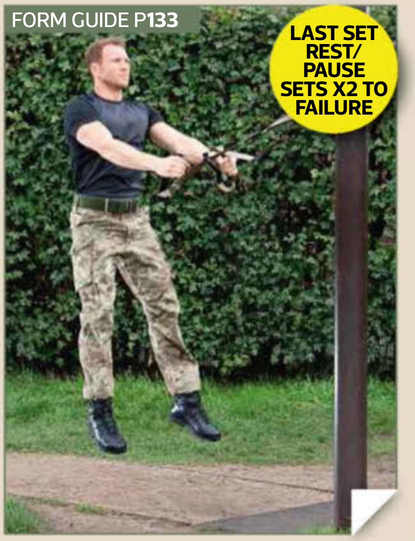


FORM GUIDE P129

LAST SET REST/ PAUSE SETS X2 TO FAILURE

### 06 TRX JUMP SQUAT

SETS **3** REPS **25** TEMPO **N/A**



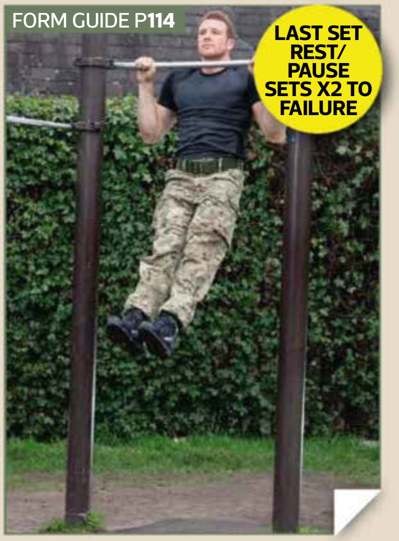
FORM GUIDE P133

LAST SET REST/ PAUSE SETS X2 TO FAILURE

## TUESDAY ◎ UPPER BODY

### 01 PULL-UP

SETS **3** REPS **TO FAILURE** TEMPO **5010**

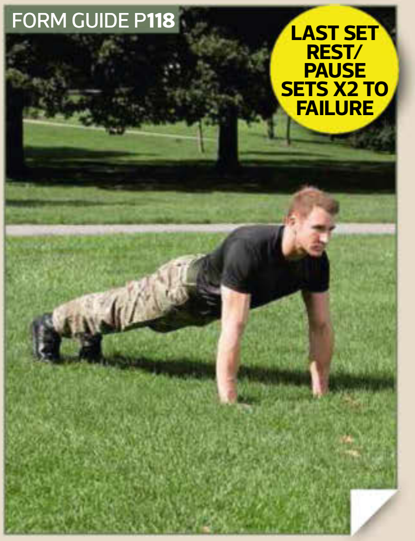


FORM GUIDE P**114**

**LAST SET REST/ PAUSE SETS X2 TO FAILURE**

### 02 PRESS-UP

SETS **3** REPS **8-12** TEMPO **5110**

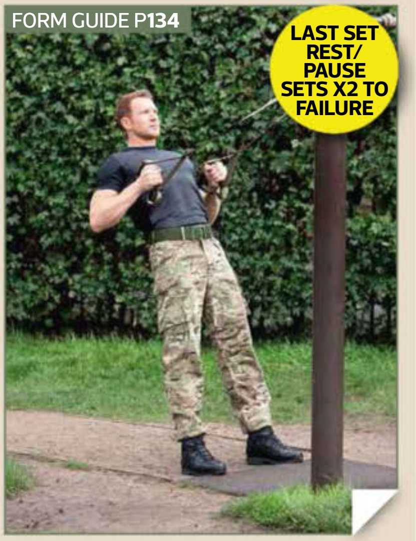


FORM GUIDE P**118**

**LAST SET REST/ PAUSE SETS X2 TO FAILURE**

### 03 TRX INVERTED ROW

SETS **3** REPS **8-12** TEMPO **5010**

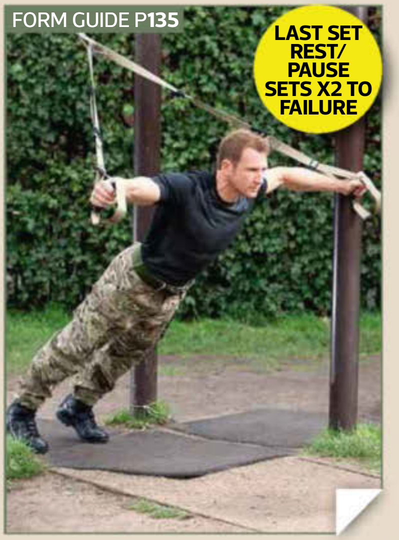


FORM GUIDE P**134**

**LAST SET REST/ PAUSE SETS X2 TO FAILURE**

### 04 TRX FLYE

SETS **3** REPS **8-12** TEMPO **5010**

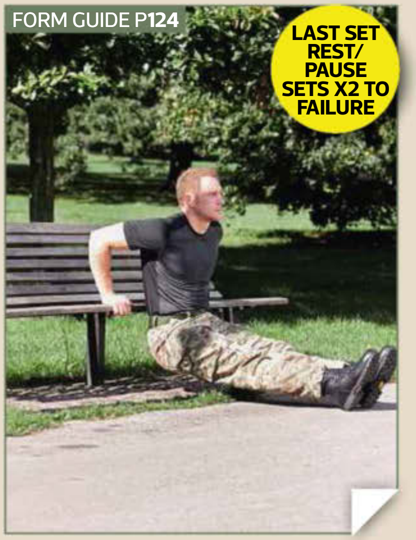


FORM GUIDE P**135**

**LAST SET REST/ PAUSE SETS X2 TO FAILURE**

### 05 BENCH DIP

SETS **3** REPS **8-12** TEMPO **5010**

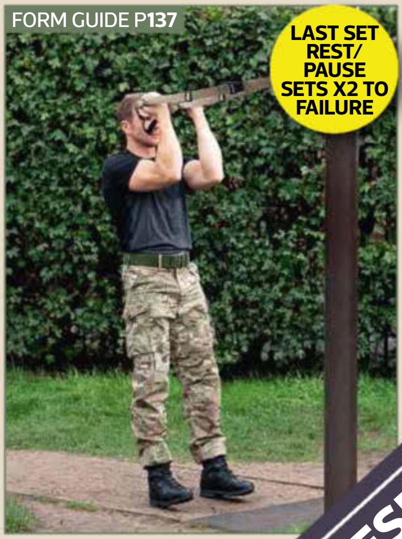


FORM GUIDE P**124**

**LAST SET REST/ PAUSE SETS X2 TO FAILURE**

### 06 TRX BICEPS CURL

SETS **3** REPS **8-12** TEMPO **5010**



FORM GUIDE P**137**

**LAST SET REST/ PAUSE SETS X2 TO FAILURE**

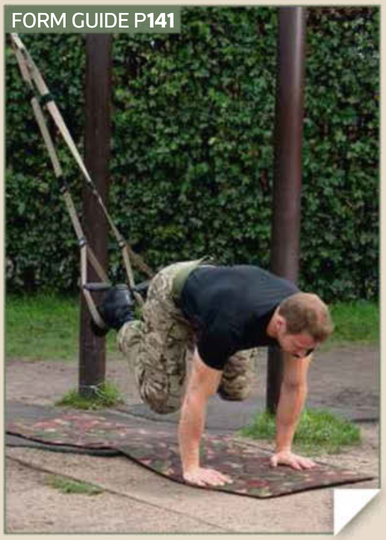
**WEDNESDAY**
**REST DAY**

## THURSDAY ◎ ABS CIRCUIT

### 01 TRX KNEES TO CHEST

REPS **10-15** TEMPO **N/A**

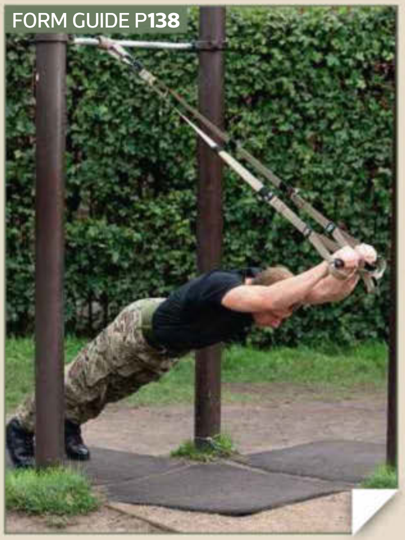
FORM GUIDE P**141**



### 02 TRX SUPERMAN

REPS **10-15** TEMPO **N/A**

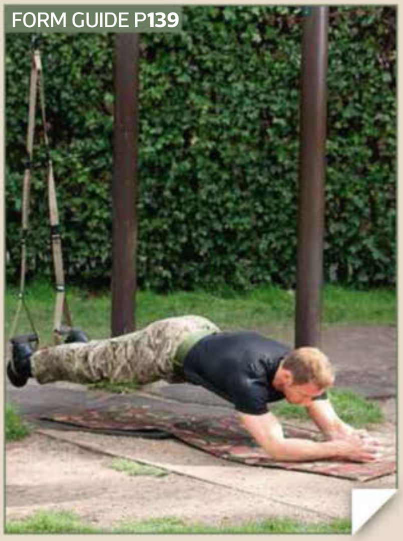
FORM GUIDE P**138**



### 03 TRX PLANK SAW

REPS **10-15** TEMPO **N/A**

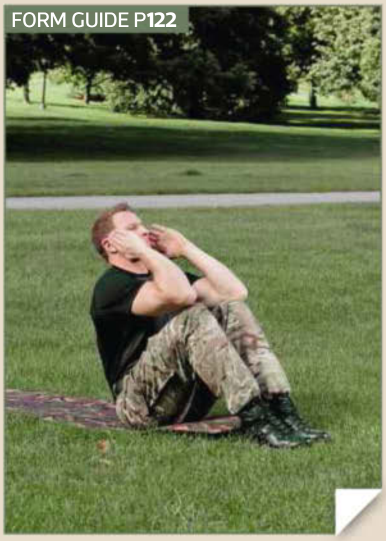
FORM GUIDE P**139**



### 04 SIT-UP

REPS **10-15** TEMPO **N/A**

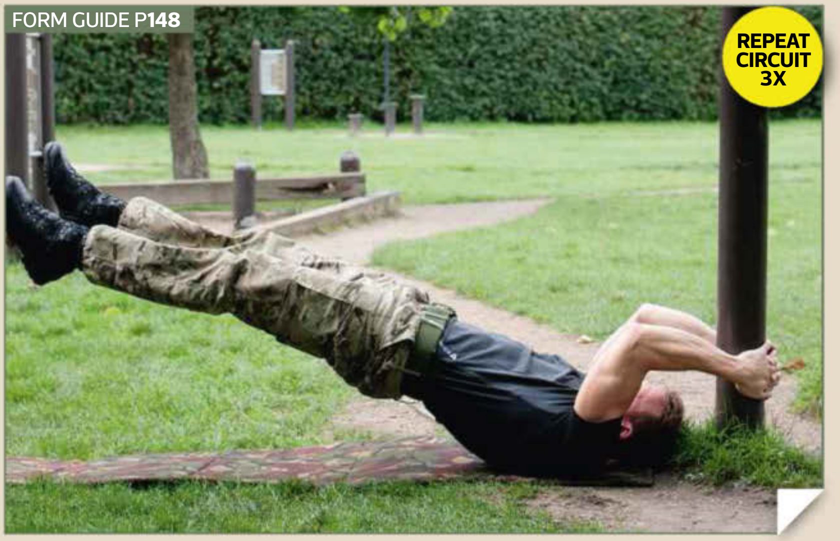
FORM GUIDE P**122**



### 05 DRAGON LOWER

REPS **3-5** TEMPO **N/A**

FORM GUIDE P**148**



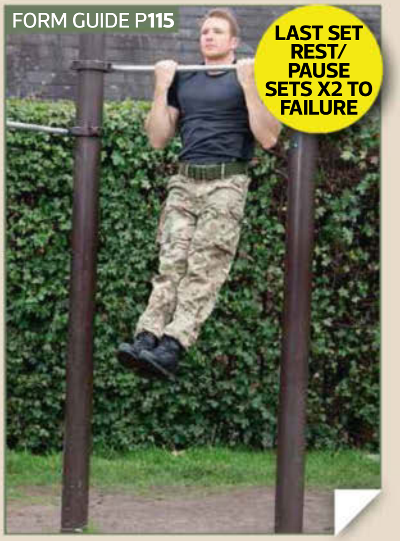
REPEAT CIRCUIT 3X

## FRIDAY ◎ UPPER BODY

### 01 CHIN-UP

SETS **3** REPS **TO FAILURE** TEMPO **5010**

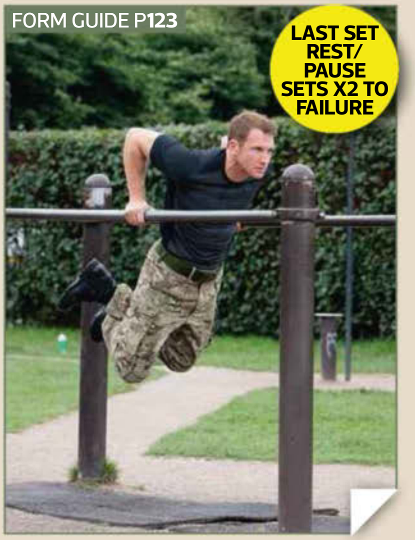
FORM GUIDE P**115**


LAST SET REST/ PAUSE SETS X2 TO FAILURE

### 02 DIP

SETS **3** REPS **8-12** TEMPO **5010**

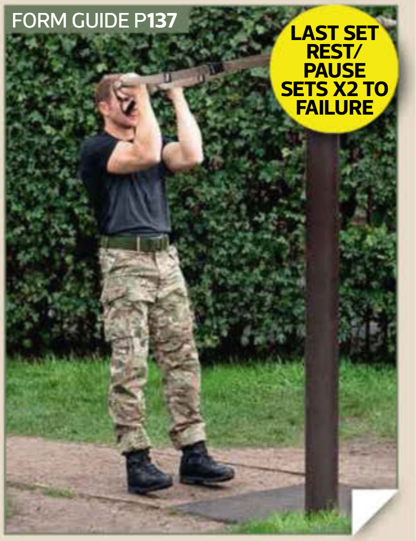
FORM GUIDE P**123**


LAST SET REST/ PAUSE SETS X2 TO FAILURE

### 03 TRX BICEPS CURL

SETS **3** REPS **8-12** TEMPO **5010**

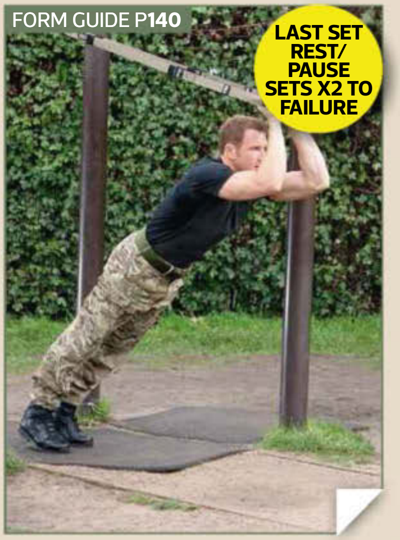
FORM GUIDE P**137**


LAST SET REST/ PAUSE SETS X2 TO FAILURE

### 04 TRX TRICEPS EXTENSION

SETS **3** REPS **8-12** TEMPO **5010**

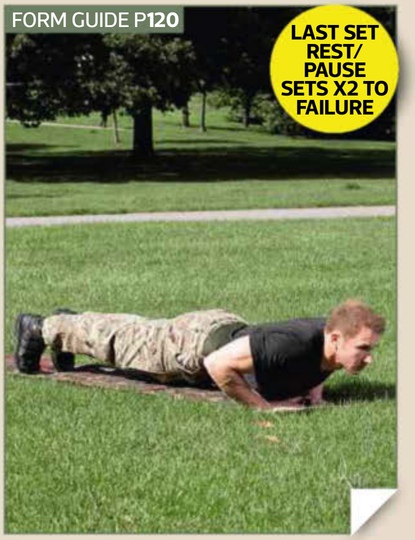
FORM GUIDE P**140**


LAST SET REST/ PAUSE SETS X2 TO FAILURE

### 05 DIAMOND PRESS-UP

SETS **3** REPS **8-12** TEMPO **5010**

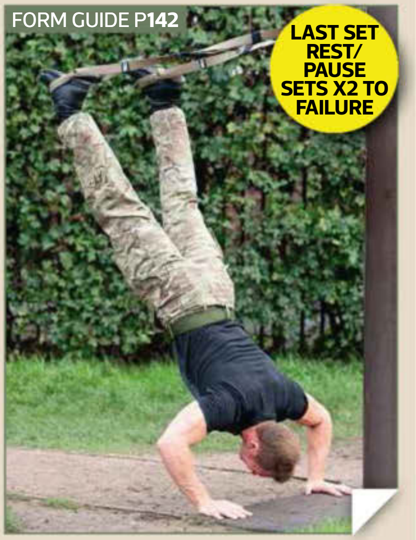
FORM GUIDE P**120**


LAST SET REST/ PAUSE SETS X2 TO FAILURE

### 06 TRX HANDSTAND SHOULDER PRESS

SETS **3** REPS **TO FAILURE** TEMPO **4010**

FORM GUIDE P**142**


LAST SET REST/ PAUSE SETS X2 TO FAILURE

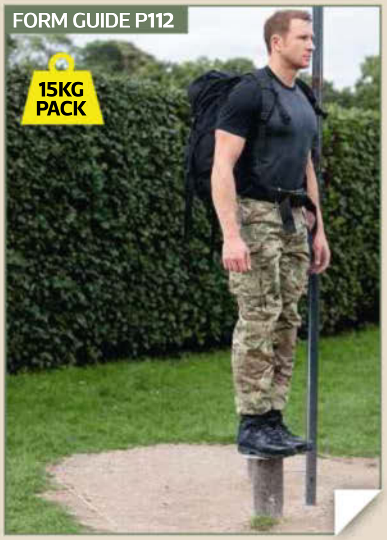
# WEEK 7

## SATURDAY ◎ FINISHER

### 01 STEP-UP

REPS **40** TEMPO **N/A**

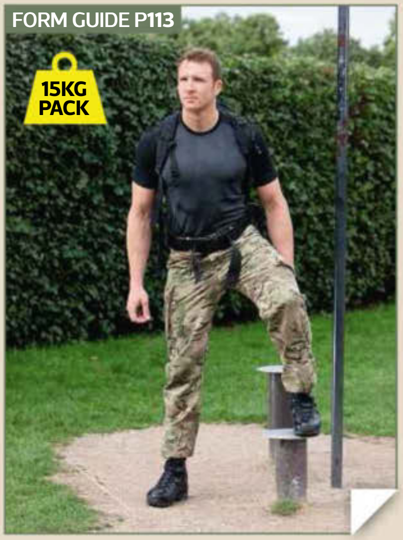
FORM GUIDE P112



### 02 SIDE STEP-UP

REPS **40** TEMPO **N/A**

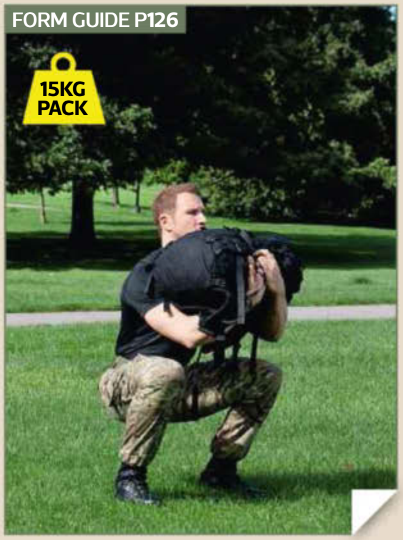
FORM GUIDE P113



### 03 FRONT SQUAT

REPS **30** TEMPO **N/A**

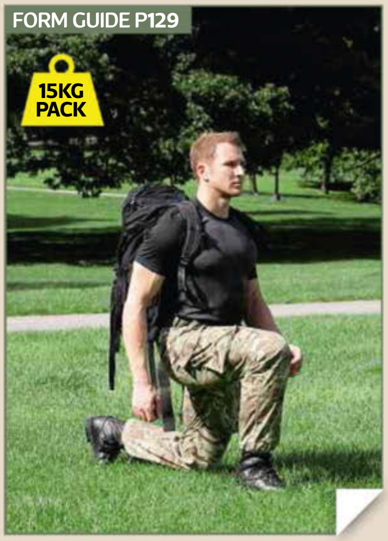
FORM GUIDE P126



### 04 WALKING LUNGE WITH BACKPACK

REPS **40** TEMPO **N/A**

FORM GUIDE P129



### 05 HILL/STAIR RUN

REPS **4** DISTANCE **100M** TEMPO **N/A**

FORM GUIDE P149

**REPEAT THE CIRCUIT TWICE WITHOUT RESTING**

**SUNDAY REST DAY**

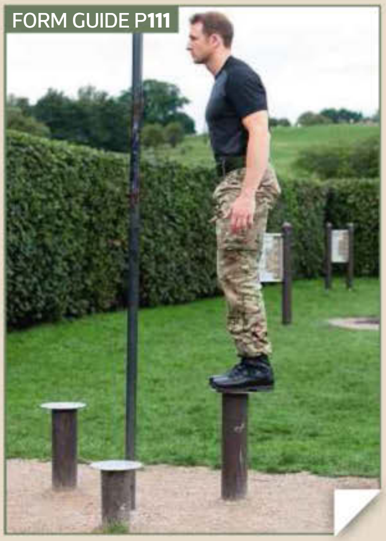
# WEEK 8

## MONDAY ◎ LEGS

### 01 THIGH-HEIGHT BOX JUMP

SETS **3** REPS **5** TEMPO **N/A**

FORM GUIDE **P111**

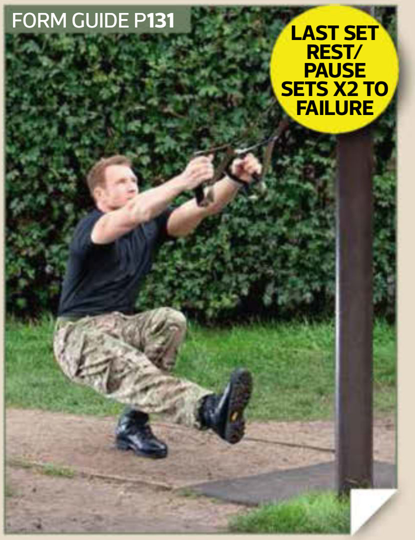


### 02 TRX PISTOL SQUAT

SETS **3** REPS **10-15 EACH SIDE** TEMPO **5010**

FORM GUIDE **P131**

**LAST SET REST/ PAUSE SETS X2 TO FAILURE**

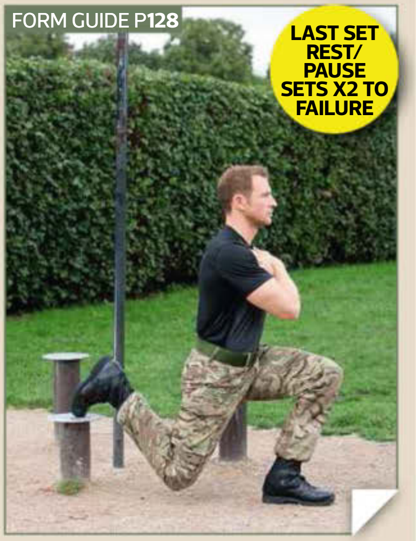


### 03 SPLIT SQUAT

SETS **3** REPS **10-15 EACH SIDE** TEMPO **5010**

FORM GUIDE **P128**

**LAST SET REST/ PAUSE SETS X2 TO FAILURE**

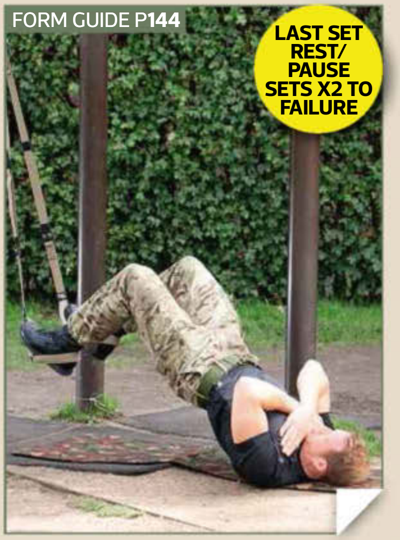


### 04 TRX HAMSTRING BRIDGE

SETS **3** REPS **10-15** TEMPO **5010**

FORM GUIDE **P144**

**LAST SET REST/ PAUSE SETS X2 TO FAILURE**

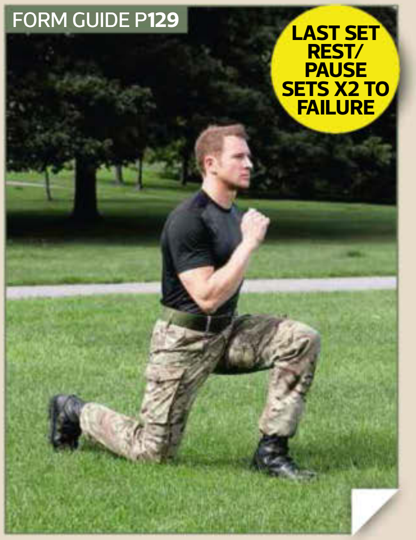


### 05 WALKING LUNGE

SETS **3** REPS **30 ALT SIDE** TEMPO **50X0**

FORM GUIDE **P129**

**LAST SET REST/ PAUSE SETS X2 TO FAILURE**

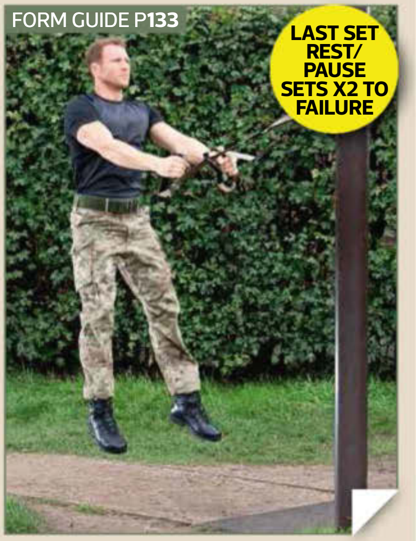


### 06 TRX JUMP SQUAT

SETS **4** REPS **30** TEMPO **N/A**

FORM GUIDE **P133**

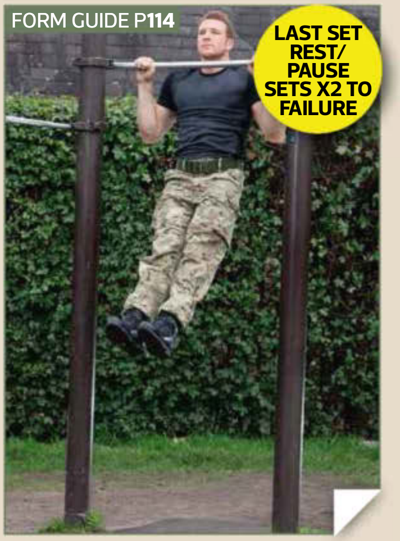
**LAST SET REST/ PAUSE SETS X2 TO FAILURE**



## TUESDAY ◎ UPPER BODY

### 01 PULL-UP

SETS **3** REPS **TO FAILURE** TEMPO **4010**

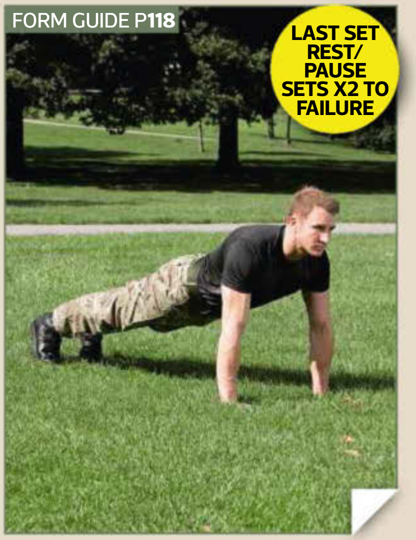


FORM GUIDE P**114**

LAST SET REST/ PAUSE SETS X2 TO FAILURE

### 02 PRESS-UP

SETS **3** REPS **10-15** TEMPO **5110**

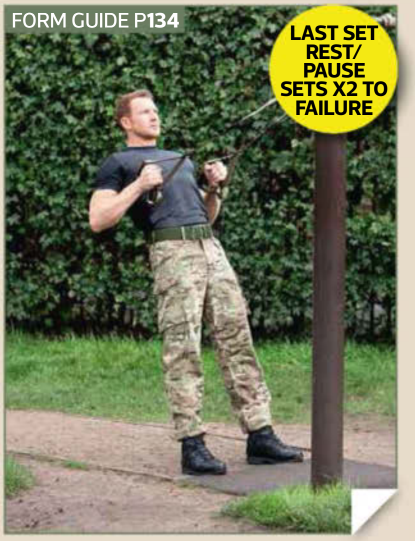


FORM GUIDE P**118**

LAST SET REST/ PAUSE SETS X2 TO FAILURE

### 03 TRX INVERTED ROW

SETS **3** REPS **10-15** TEMPO **5010**

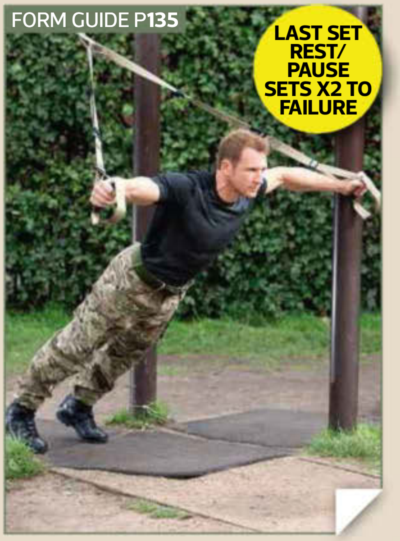


FORM GUIDE P**134**

LAST SET REST/ PAUSE SETS X2 TO FAILURE

### 04 TRX FLYE

SETS **3** REPS **10-15** TEMPO **5010**

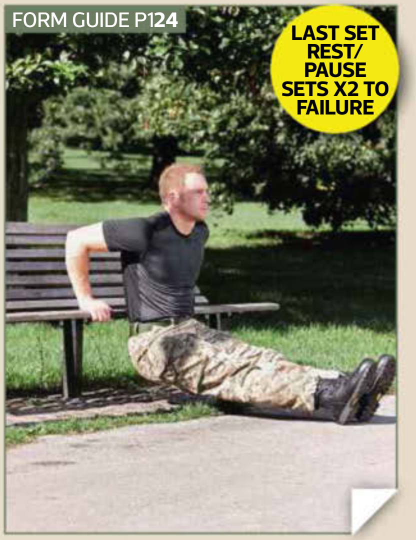


FORM GUIDE P**135**

LAST SET REST/ PAUSE SETS X2 TO FAILURE

### 05 BENCH DIP

SETS **3** REPS **10-15** TEMPO **5010**

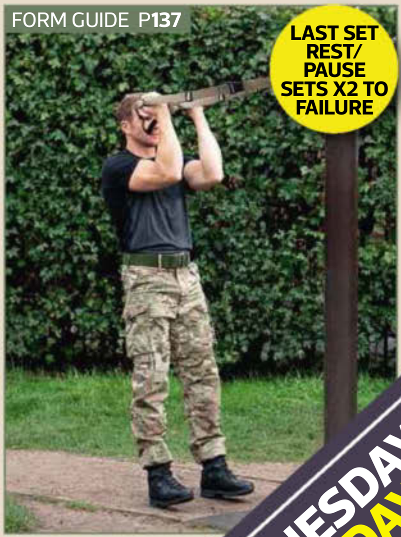


FORM GUIDE P**124**

LAST SET REST/ PAUSE SETS X2 TO FAILURE

### 06 TRX BICEPS CURL

SETS **3** REPS **10-15** TEMPO **5010**



FORM GUIDE P**137**

LAST SET REST/ PAUSE SETS X2 TO FAILURE

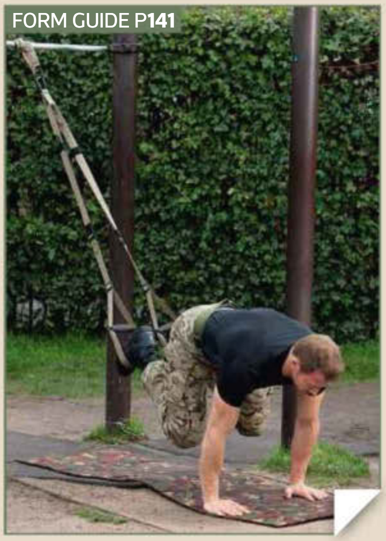
**WEDNESDAY REST DAY**

## THURSDAY ◎ ABS CIRCUIT

### 01 TRX KNEES TO CHEST

REPS **10** TEMPO **N/A**

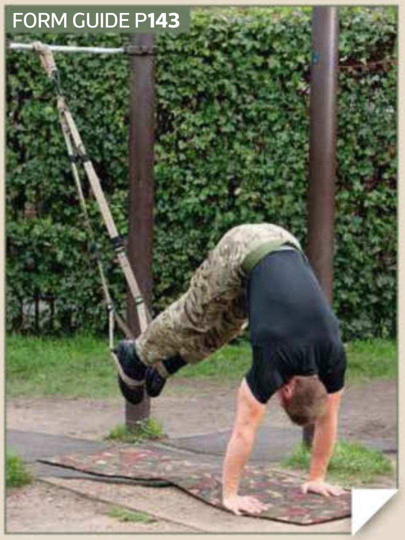
FORM GUIDE P**141**



### 02 TRX PIKE

REPS **10** TEMPO **N/A**

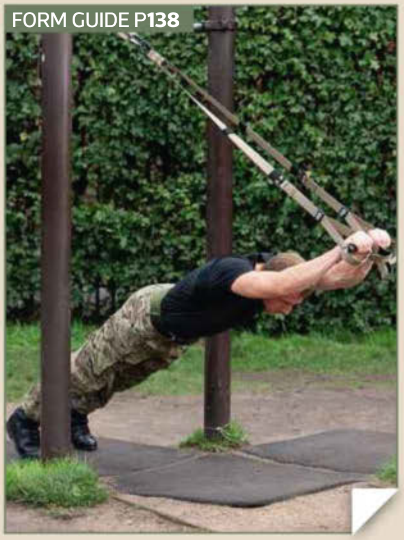
FORM GUIDE P**143**



### 03 TRX SUPERMAN

REPS **10** TEMPO **N/A**

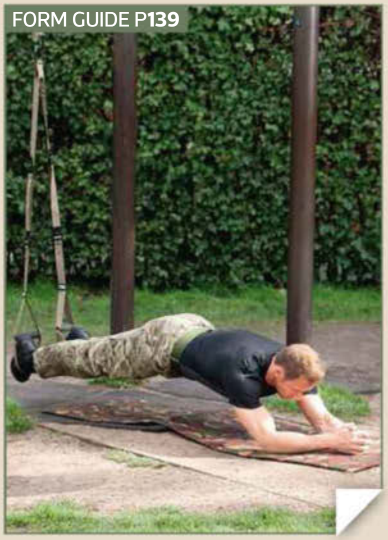
FORM GUIDE P**138**



### 04 TRX PLANK SAW

REPS **10** TEMPO **N/A**

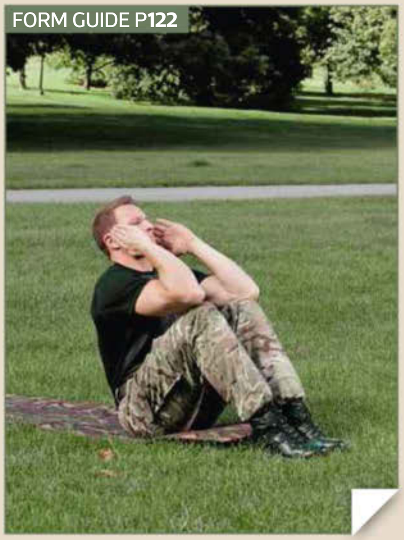
FORM GUIDE P**139**



### 05 SIT-UP

REPS **10** TEMPO **N/A**

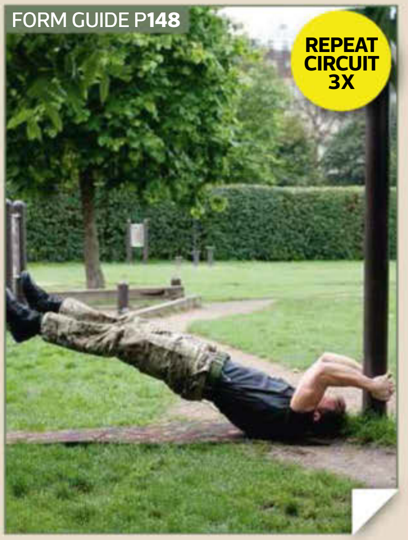
FORM GUIDE P**122**



### 06 DRAGON LOWER

REPS **3-5** TEMPO **N/A**

FORM GUIDE P**148**



REPEAT CIRCUIT 3X

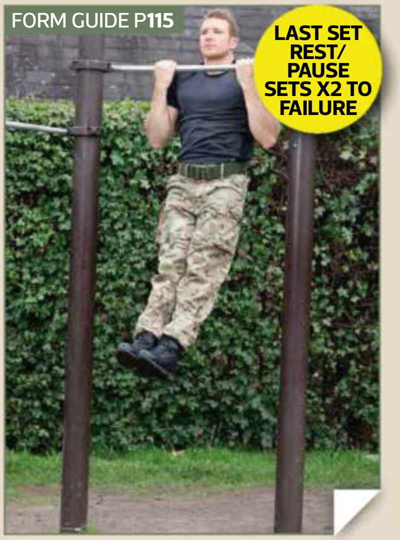
# WEEK 8

## FRIDAY ◎ UPPER BODY

### 01 CHIN-UP

SETS **3** REPS **TO FAILURE** TEMPO **5010**

FORM GUIDE **P115**

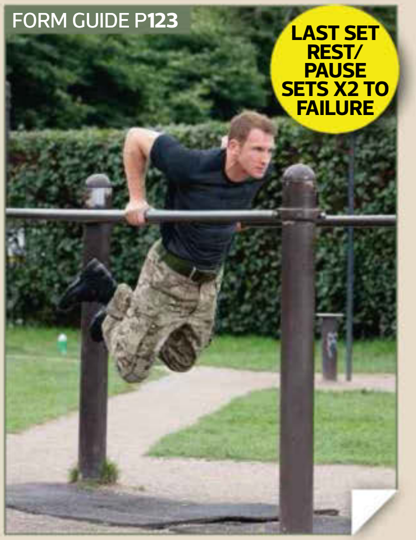


**LAST SET REST/ PAUSE SETS X2 TO FAILURE**

### 02 DIP

SETS **3** REPS **10-15** TEMPO **5010**

FORM GUIDE **P123**

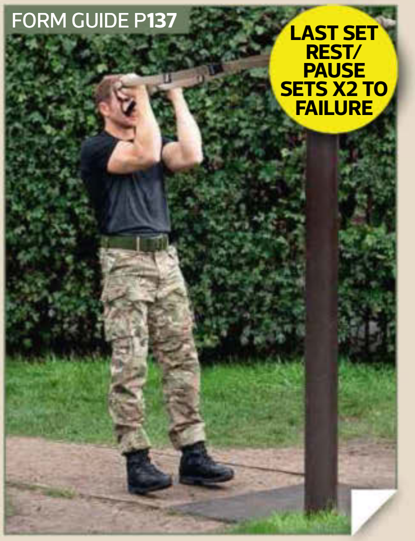


**LAST SET REST/ PAUSE SETS X2 TO FAILURE**

### 03 TRX BICEPS CURL

SETS **3** REPS **10-15** TEMPO **5010**

FORM GUIDE **P137**

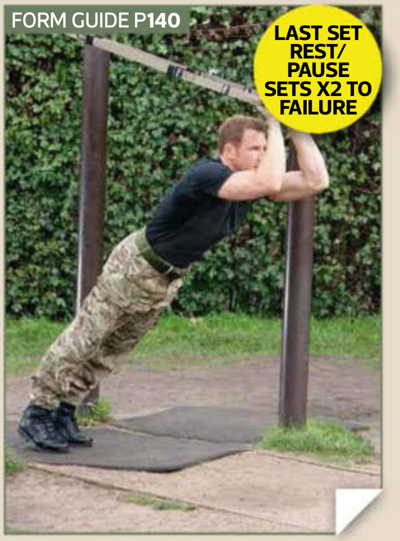


**LAST SET REST/ PAUSE SETS X2 TO FAILURE**

### 04 TRX TRICEPS EXTENSION

SETS **3** REPS **10-15** TEMPO **5010**

FORM GUIDE **P140**

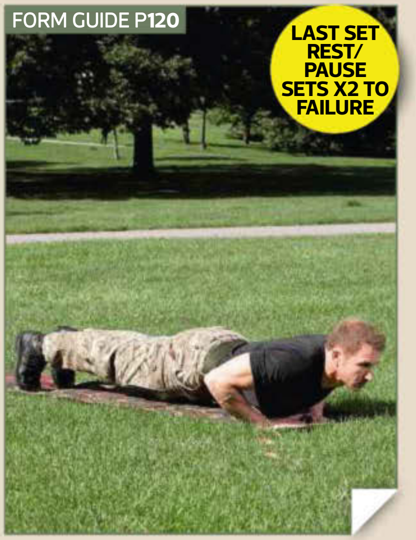


**LAST SET REST/ PAUSE SETS X2 TO FAILURE**

### 05 DIAMOND PRESS-UP

SETS **3** REPS **10-15** TEMPO **5010**

FORM GUIDE **P120**

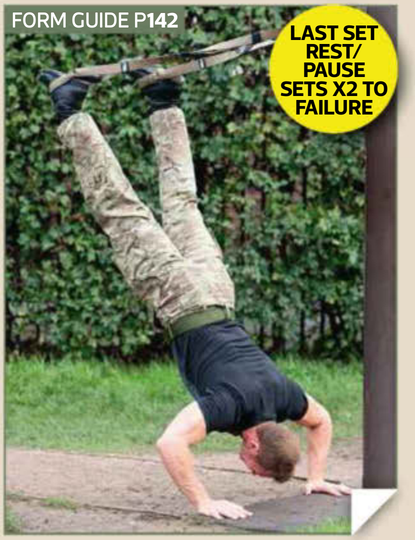


**LAST SET REST/ PAUSE SETS X2 TO FAILURE**

### 06 TRX HANDSTAND SHOULDER PRESS

SETS **3** REPS **TO FAILURE** TEMPO **5010**

FORM GUIDE **P142**

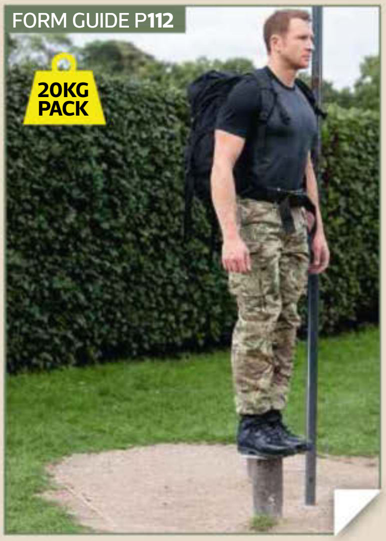


**LAST SET REST/ PAUSE SETS X2 TO FAILURE**

## SATURDAY ◎ FINISHER

### 01 STEP-UP

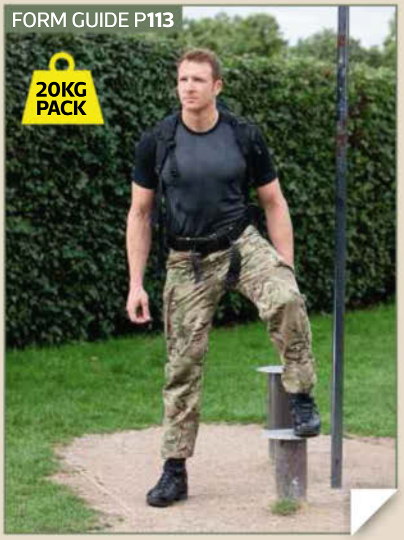
REPS **40** TEMPO **N/A**



FORM GUIDE P**112**

### 02 SIDE STEP-UP

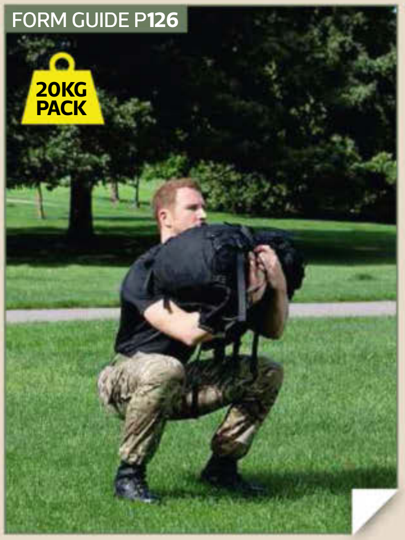
REPS **40** TEMPO **N/A**



FORM GUIDE P**113**

### 03 FRONT SQUAT

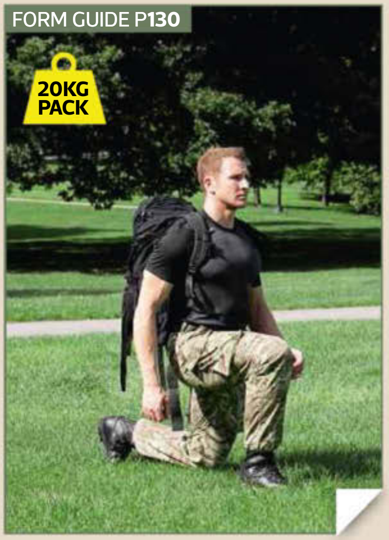
REPS **30** TEMPO **N/A**



FORM GUIDE P**126**

### 04 WALKING LUNGE WITH BACKPACK

REPS **40** TEMPO **N/A**



FORM GUIDE P**130**

### 05 HILL/STAIR RUN

REPS **4** DISTANCE **125M** TEMPO **N/A**

FORM GUIDE P**149**

**REPEAT THE CIRCUIT TWICE WITHOUT RESTING**

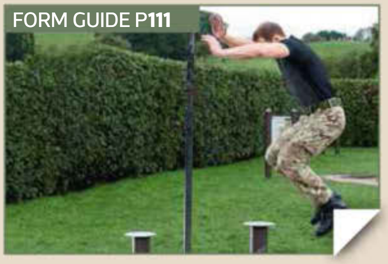
SUNDAY
REST DAY

# WEEK 9

## MONDAY LEGS AND CORE

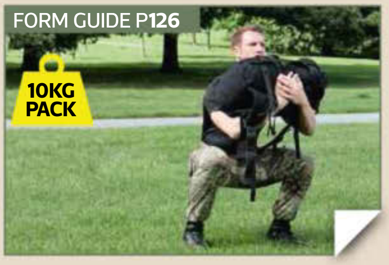
### 01 THIGH-HEIGHT BOX JUMP

REPS **5** TEMPO **N/A**


FORM GUIDE P**111**

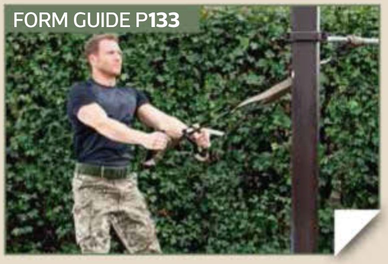
### 02 FRONT SQUAT

REPS **10** TEMPO **4010**


FORM GUIDE P**126**

### 03 TRX JUMP SQUAT

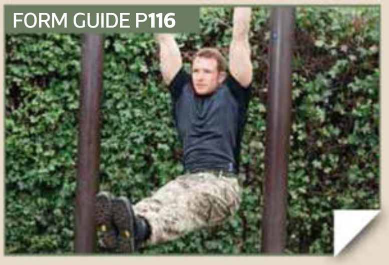
REPS **30** TEMPO **N/A**


FORM GUIDE P**133**

**TRI-SET 1 (ABOVE)** DO 3 SETS WITHOUT REST BETWEEN MOVES AND WITH 60-90SEC REST BETWEEN SETS

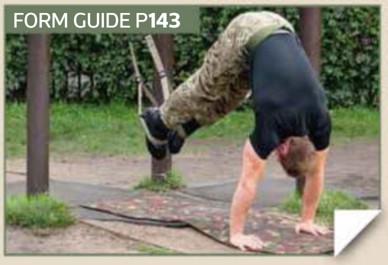
### 01 HANGING LEG RAISE

REPS **10** TEMPO **3010**


FORM GUIDE P**116**

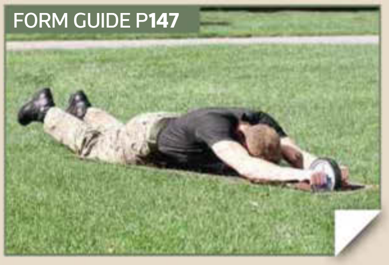
### 02 TRX PIKE

REPS **10** TEMPO **3010**


FORM GUIDE P**143**

### 03 ABS ROLL-OUT

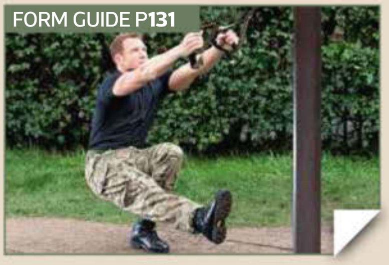
REPS **10** TEMPO **3010**


FORM GUIDE P**147**

**TRI-SET 2 (ABOVE)** DO 3 SETS WITHOUT REST BETWEEN MOVES AND WITH 60-90SEC REST BETWEEN SETS

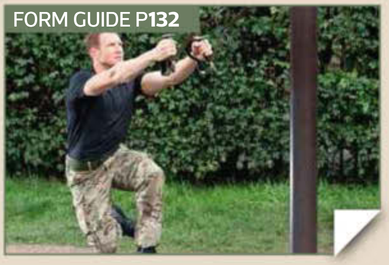
### 01 TRX PISTOL SQUAT

REPS **10 EACH SIDE** TEMPO **3010**


FORM GUIDE P**131**

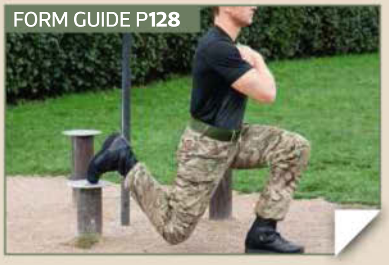
### 02 TRX CURTSY SQUAT

REPS **10 EACH SIDE** TEMPO **3010**


FORM GUIDE P**132**

### 03 SPLIT SQUAT

REPS **10 EACH LEG** TEMPO **3010**


FORM GUIDE P**128**

**TRI-SET 3 (ABOVE)** DO 2 SETS WITHOUT REST BETWEEN MOVES AND WITH 60-90SEC REST BETWEEN SETS

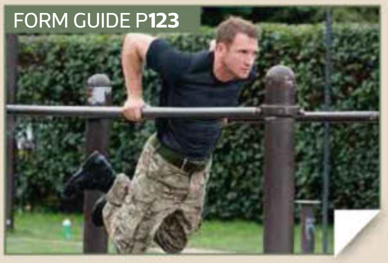
**TABATA (see p23)**

1 SISSY SQUAT (FORM GUIDE P127)
2 SINGLE-LEG GLUTE BRIDGE (FORM GUIDE P145)

## TUESDAY ◎ UPPER BODY

### 01 DIP

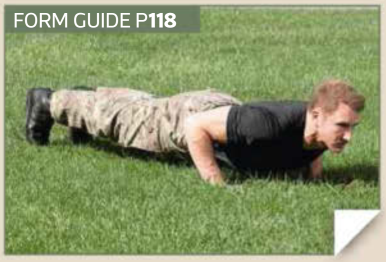
REPS **10** TEMPO **4010**



FORM GUIDE P**123**

### 02 PRESS-UP

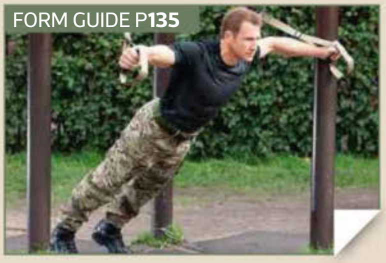
REPS **10** TEMPO **4110**



FORM GUIDE P**118**

### 03 TRX FLYE

REPS **10** TEMPO **3010**

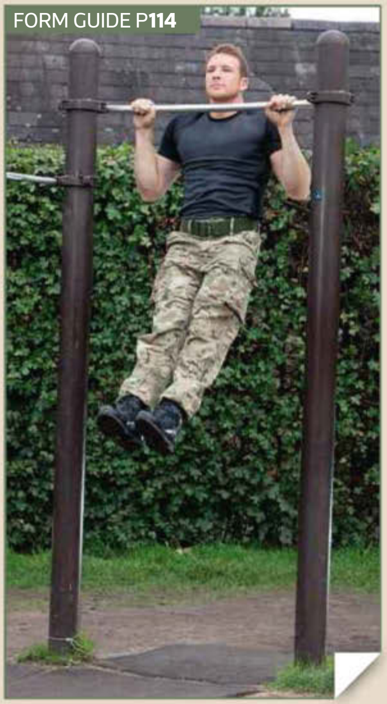


FORM GUIDE P**135**

**TRI-SET 1 (ABOVE)** DO 3 SETS WITHOUT REST BETWEEN MOVES AND WITH 60-90SEC REST BETWEEN SETS

### 01 PULL-UP

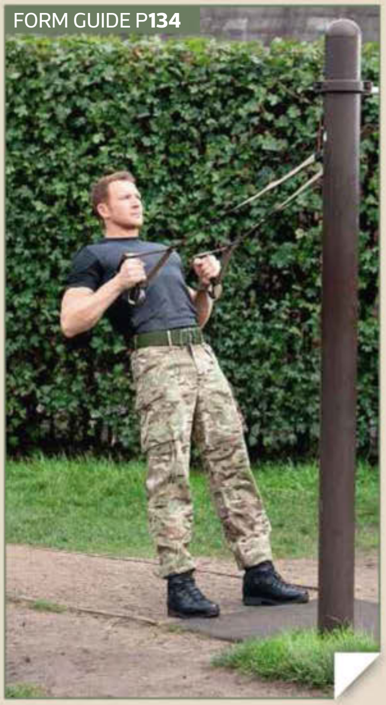
REPS **10** TEMPO **4010**



FORM GUIDE P**114**

### 02 TRX INVERTED ROW

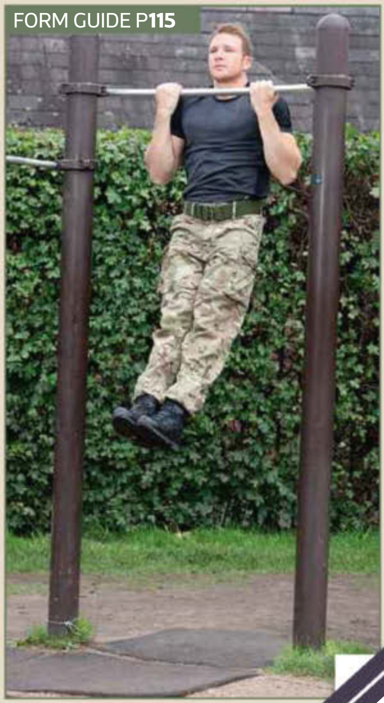
REPS **10** TEMPO **4010**



FORM GUIDE P**134**

### 03 CHIN-UP

REPS **10** TEMPO **3010**



FORM GUIDE P**115**

**TRI-SET 2 (ABOVE)** DO 3 SETS WITHOUT REST BETWEEN MOVES AND WITH 60-90SEC REST BETWEEN SETS

**TABATA (see p23)**

1 BENCH DIP (FORM GUIDE P124)
2 TRX BICEPS CURL (FORM GUIDE P137)

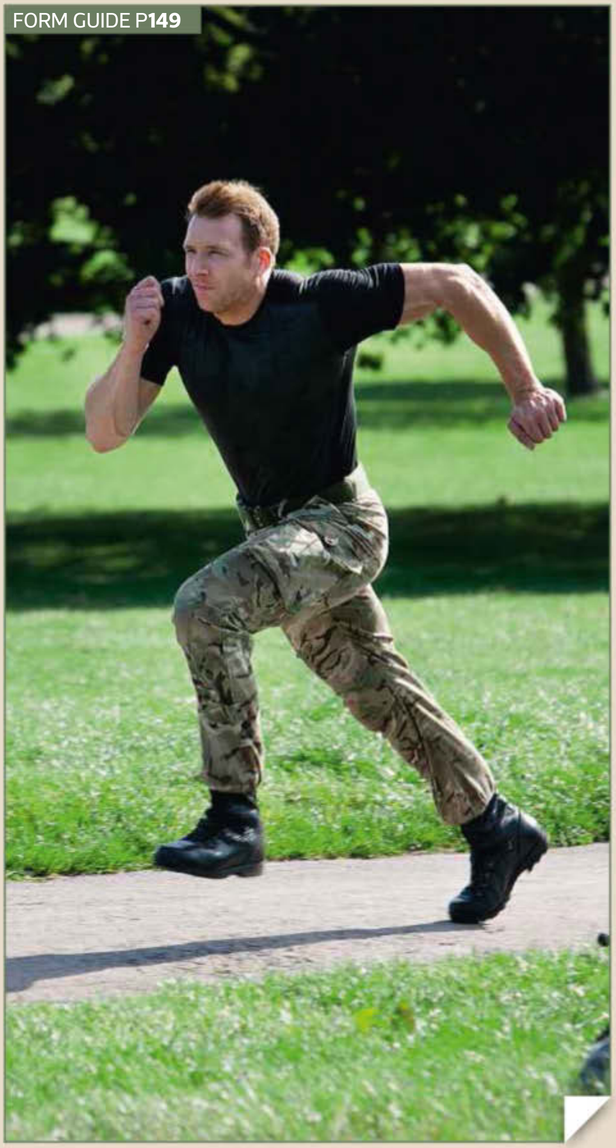
**WEDNESDAY**
**REST DAY**

## THURSDAY ◎ INTERVALS

### 01 SPRINT

DISTANCE **20m**

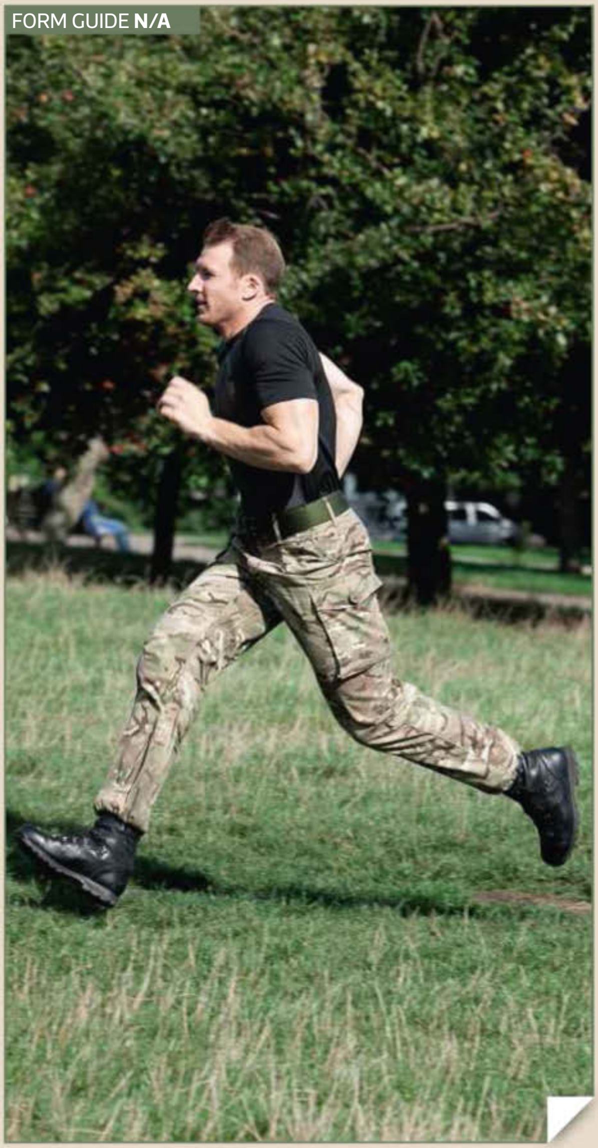
FORM GUIDE P**149**



### 02 JOG

DISTANCE **20m**

FORM GUIDE **N/A**



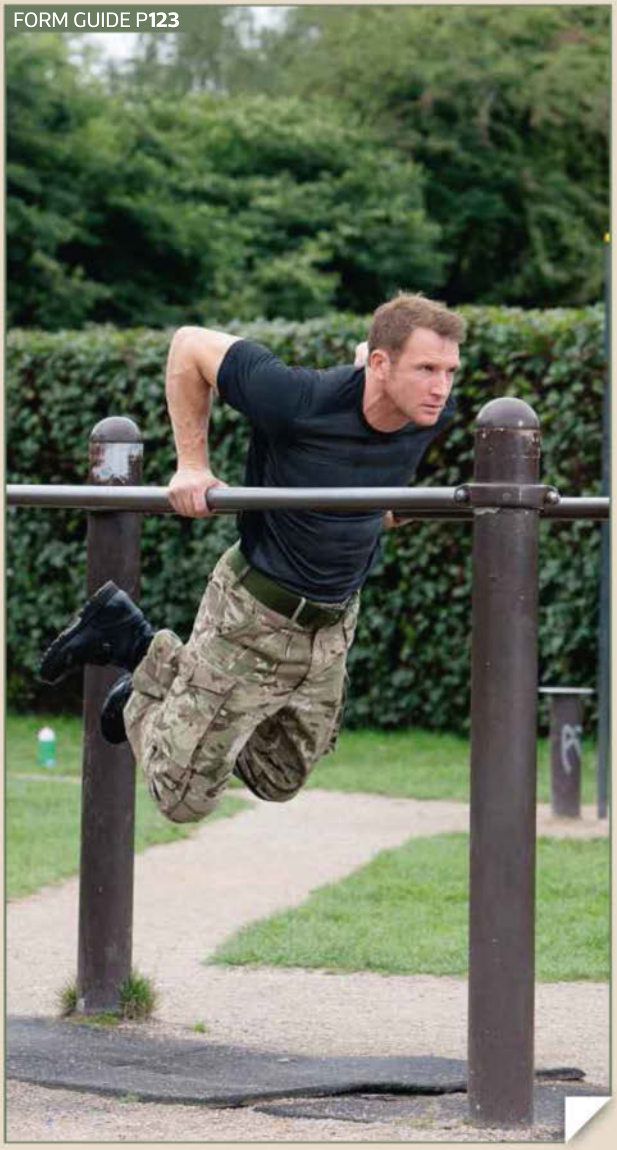
**INTERVAL CIRCUIT (ABOVE)** DO 10 SETS OF THE CIRCUIT WITHOUT RESTING BETWEEN MOVES OR SETS

## FRIDAY ◎ UPPER BODY

### 01 DIP

REPS **10** TEMPO **2010**

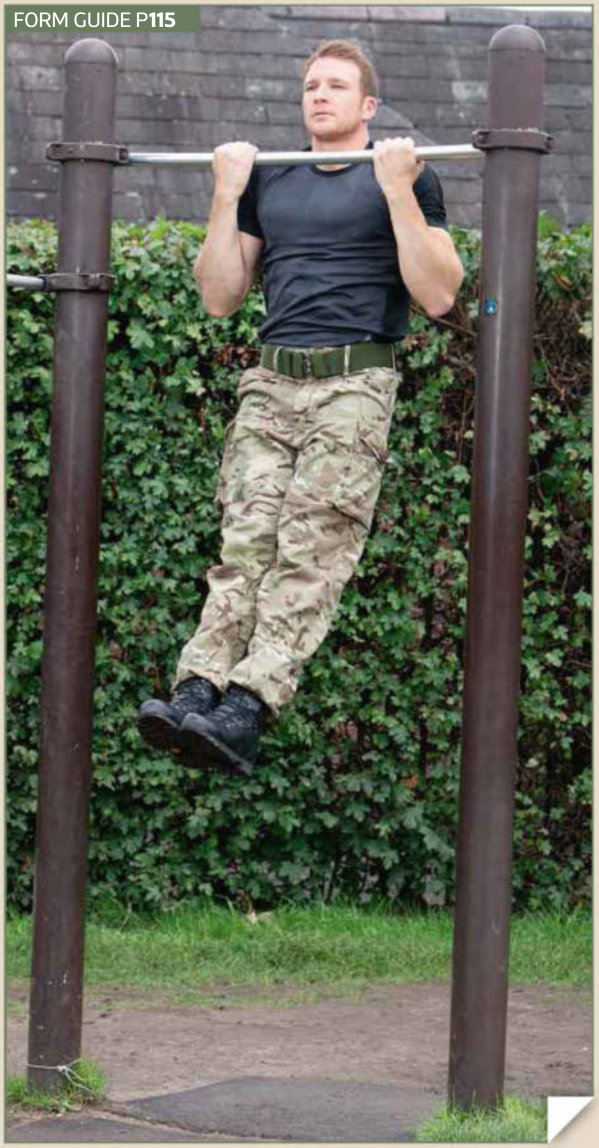
FORM GUIDE P**123**



### 02 CHIN-UP

REPS **10** TEMPO **2010**

FORM GUIDE P**115**



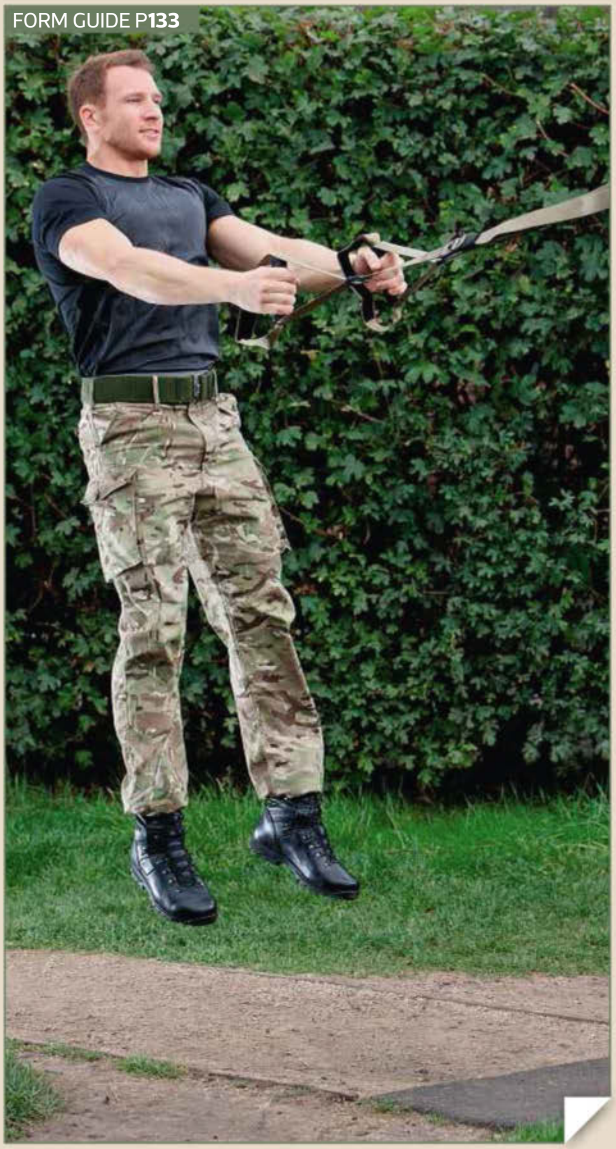
**SUPERSET 1 (ABOVE)** DO 10 SETS WITHOUT REST BETWEEN MOVES AND WITH 60-90SEC REST BETWEEN SETS

## SATURDAY ◎ PYRAMID

### 01 TRX JUMP SQUAT

REPS **PYRAMID (SEE BELOW)** TEMPO **N/A**

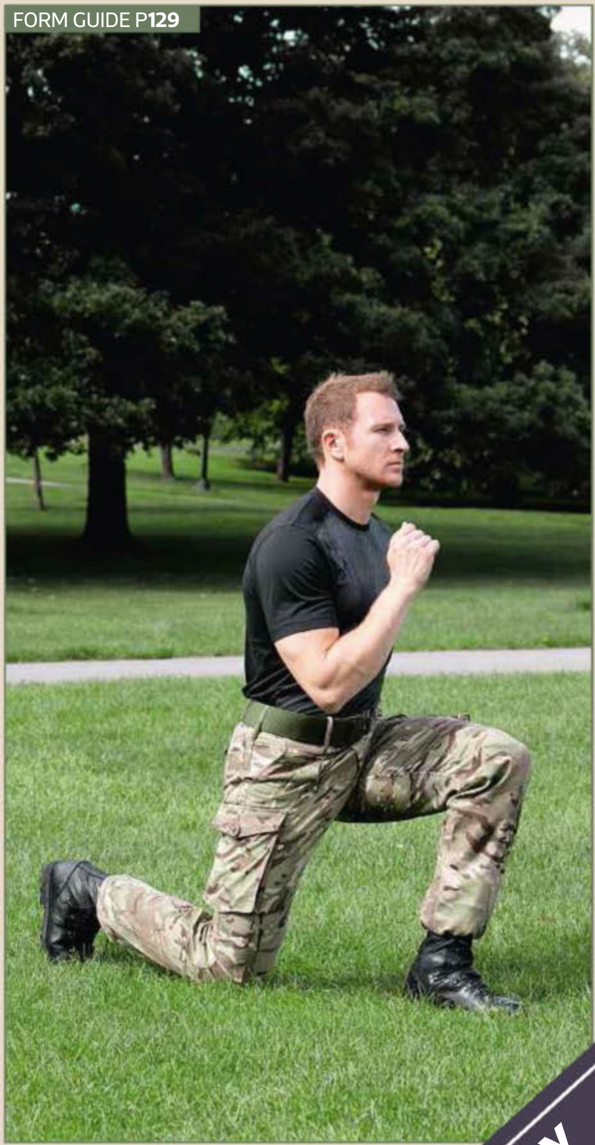
FORM GUIDE P**133**



### 02 WALKING LUNGE

REPS **PYRAMID (SEE BELOW)** TEMPO **N/A**

FORM GUIDE P**129**



**PYRAMID** DO 50 REPS OF EACH, THEN 40, 30 AND SO ON TO 10. DO 10 AGAIN AND WORK BACK UP TO 50

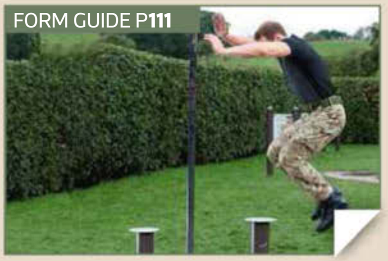
**SUNDAY REST DAY**

# WEEK 10

## MONDAY ◎ LEGS AND CORE

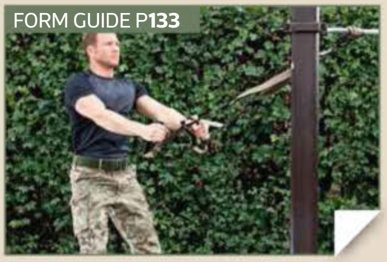
### 01 THIGH-HEIGHT BOX JUMP

REPS **5** TEMPO **N/A**


FORM GUIDE **P111**

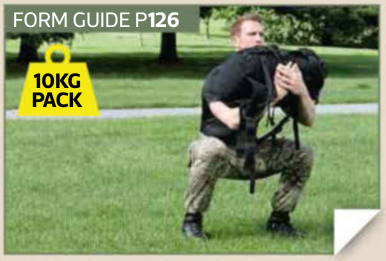
### 02 TRX JUMP SQUAT

REPS **10** TEMPO **N/A**


FORM GUIDE **P133**

### 03 FRONT SQUAT

REPS **30** TEMPO **4010**

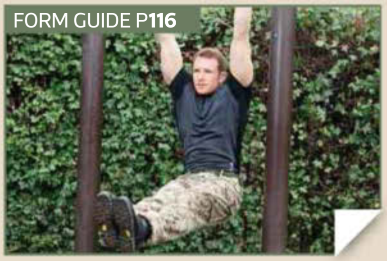

FORM GUIDE **P126**

10KG PACK

**TRI-SET 1 (ABOVE)** DO 3 SETS WITHOUT REST BETWEEN MOVES AND WITH 60-90SEC REST BETWEEN SETS

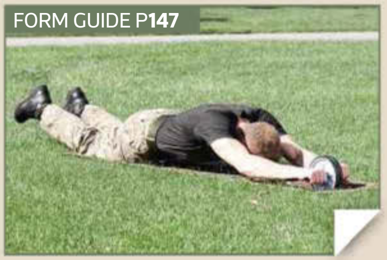
### 01 HANGING LEG RAISE

REPS **10** TEMPO **3010**


FORM GUIDE **P116**

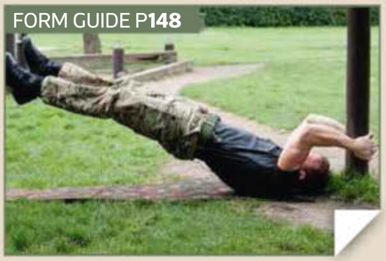
### 02 ABS ROLL-OUT

REPS **10** TEMPO **3010**


FORM GUIDE **P147**

### 03 DRAGON LOWER

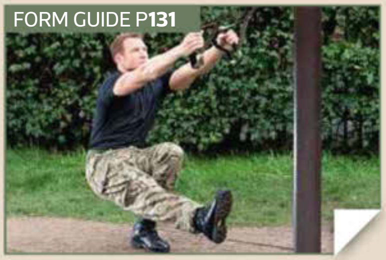
REPS **5** TEMPO **3010**


FORM GUIDE **P148**

**TRI-SET 2 (ABOVE)** DO 3 SETS WITHOUT REST BETWEEN MOVES AND WITH 60-90SEC REST BETWEEN SETS

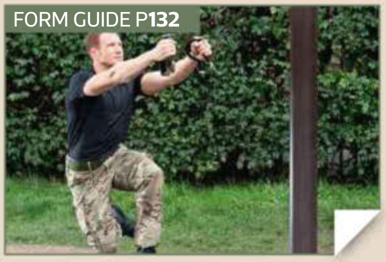
### 01 TRX PISTOL SQUAT

REPS **10 EACH SIDE** TEMPO **3010**


FORM GUIDE **P131**

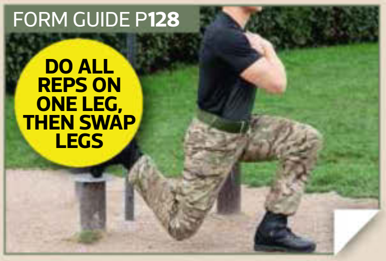
### 02 TRX CURTSY SQUAT

REPS **10 EACH SIDE** TEMPO **3010**


FORM GUIDE **P132**

### 03 SPLIT SQUAT

REPS **10, 6, 4** REST **10sec** TEMPO **3010**


FORM GUIDE **P128**

DO ALL REPS ON ONE LEG, THEN SWAP LEGS

**TRI-SET 3 (ABOVE)** DO 2 SETS WITHOUT REST BETWEEN MOVES AND WITH 60-90SEC REST BETWEEN SETS

**TABATA (see p23)**

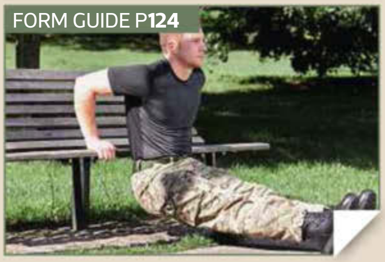
1 SISSY SQUAT (FORM GUIDE P127)
2 SINGLE-LEG GLUTE BRIDGE WITH 10KG PACK ON HIPS (P145)

# WEEK 10

## TUESDAY ◎ UPPER BODY

### 01 BENCH DIP

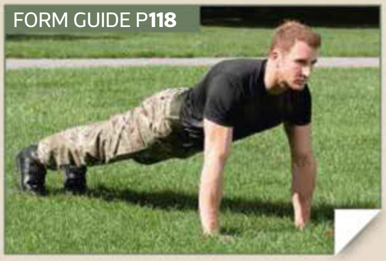
REPS **10** TEMPO **4010**



FORM GUIDE P**124**

### 02 PRESS-UP

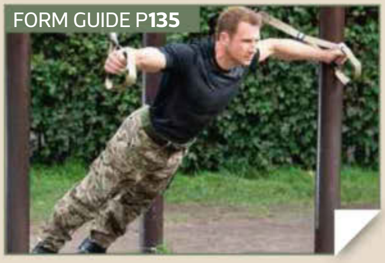
REPS **10** TEMPO **4110**



FORM GUIDE P**118**

### 03 TRX FLYE

REPS **10, 6, 4** REST **10sec** TEMPO **3010**

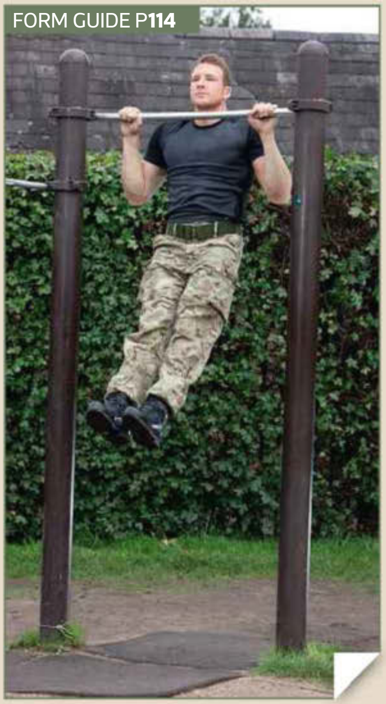


FORM GUIDE P**135**

**TRI-SET 1 (ABOVE)** DO 3 SETS WITHOUT REST BETWEEN MOVES AND WITH 60-90SEC REST BETWEEN SETS

### 01 PULL-UP

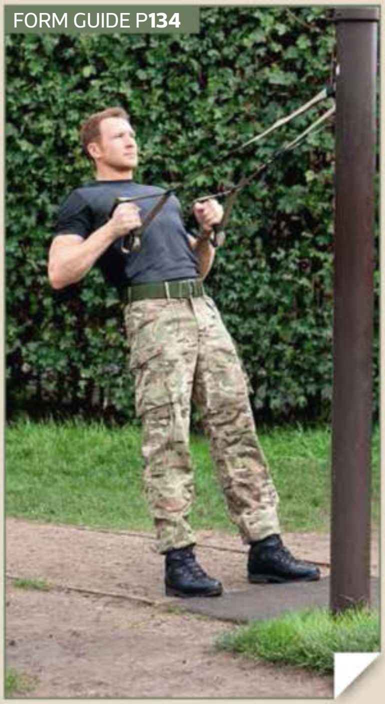
REPS **10** TEMPO **4010**



FORM GUIDE P**114**

### 02 TRX INVERTED ROW

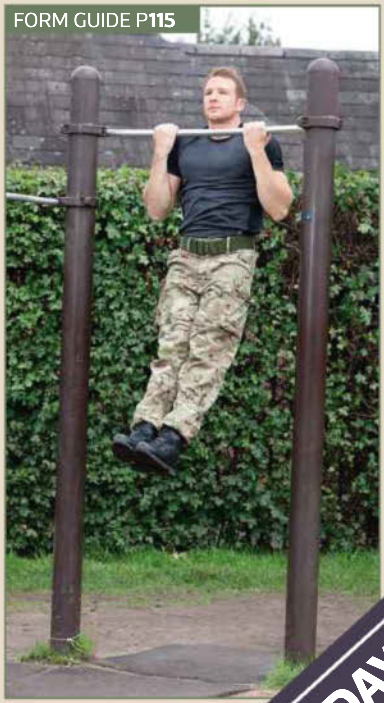
REPS **10** TEMPO **4010**



FORM GUIDE P**134**

### 03 CHIN-UP

REPS **10, 6, 4** REST **10sec** TEMPO **3010**



FORM GUIDE P**115**

**TRI-SET 2 (ABOVE)** DO 3 SETS WITHOUT REST BETWEEN MOVES AND WITH 60-90SEC REST BETWEEN SETS

## TABATA (see p23)

1 TRX TRICEPS EXTENSION (FORM GUIDE P140)
2 TRX BICEPS CURL (FORM GUIDE P137)

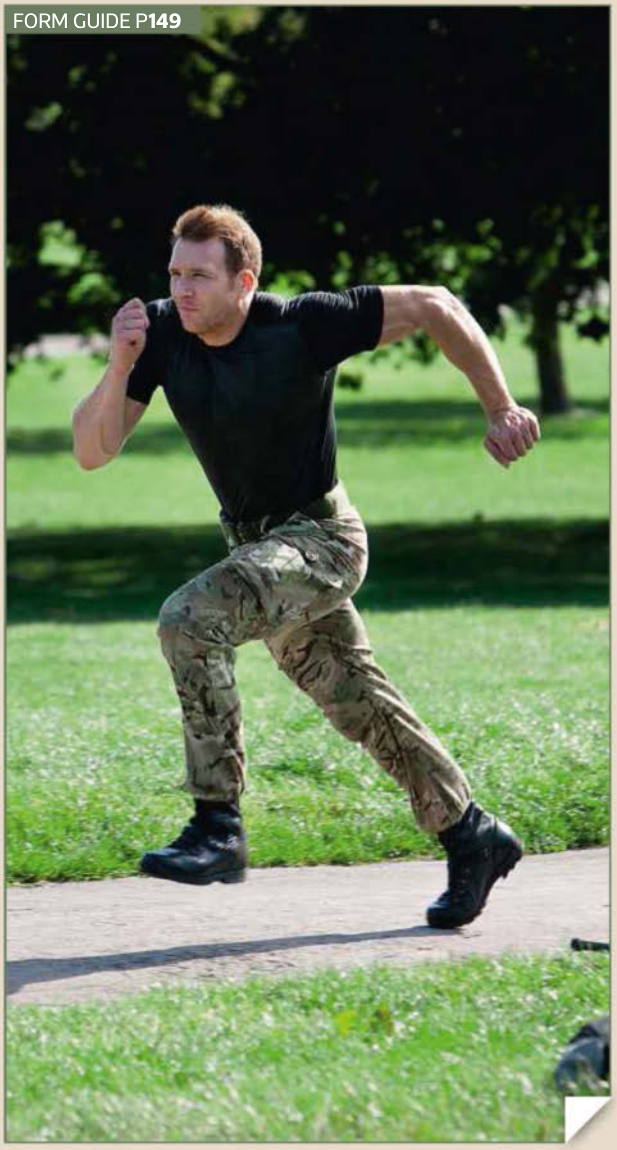
**WEDNESDAY REST DAY**

## THURSDAY ◎ INTERVALS

### 01 SPRINT

DISTANCE **30m**

FORM GUIDE P**149**



### 02 JOG

DISTANCE 3**0m**

FORM GUIDE **N/A**

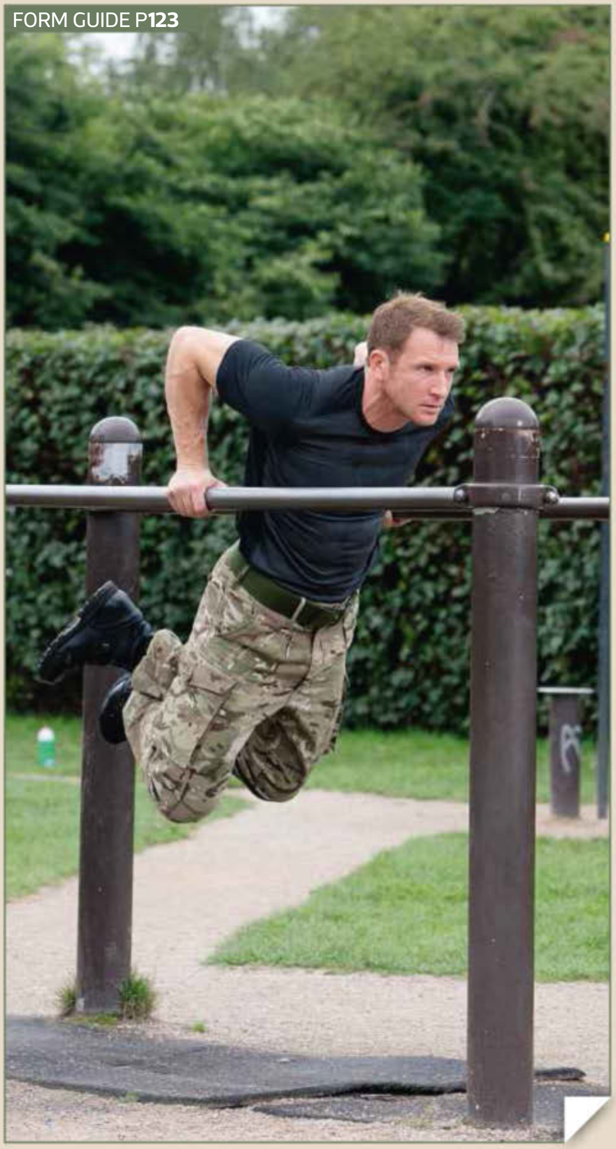
**INTERVAL CIRCUIT (ABOVE)** DO 10 SETS OF THE CIRCUIT WITHOUT RESTING BETWEEN MOVES OR SETS

## FRIDAY ◎ UPPER BODY

### 01 DIP

REPS **10** TEMPO **3010**

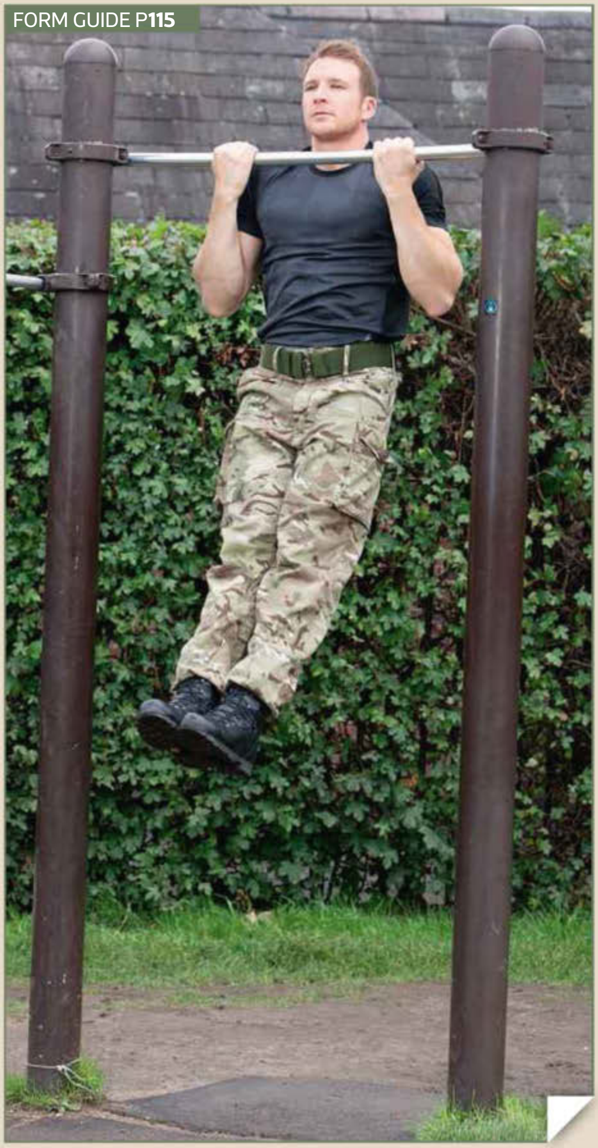
FORM GUIDE P**123**



### 02 CHIN-UP

REPS **10** TEMPO **3010**

FORM GUIDE P**115**

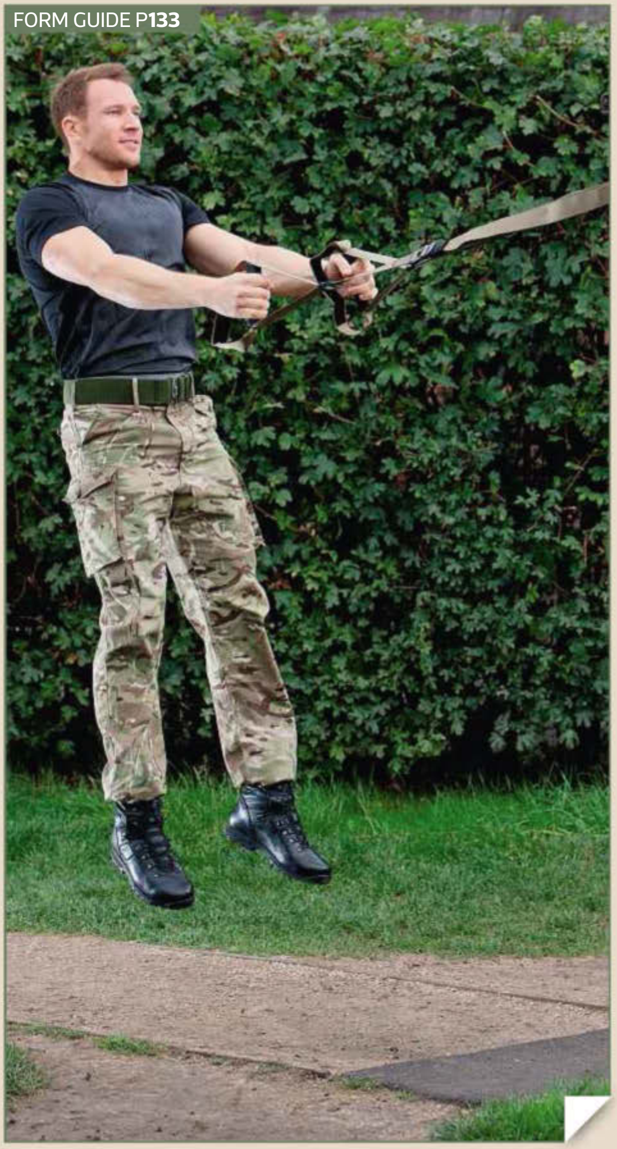


**SUPERSET 1 (ABOVE)** DO 10 SETS WITHOUT REST BETWEEN MOVES AND WITH 60-90SEC REST BETWEEN SETS

## 01 TRX JUMP SQUAT

REPS **PYRAMID (SEE BELOW)** TEMPO **N/A**

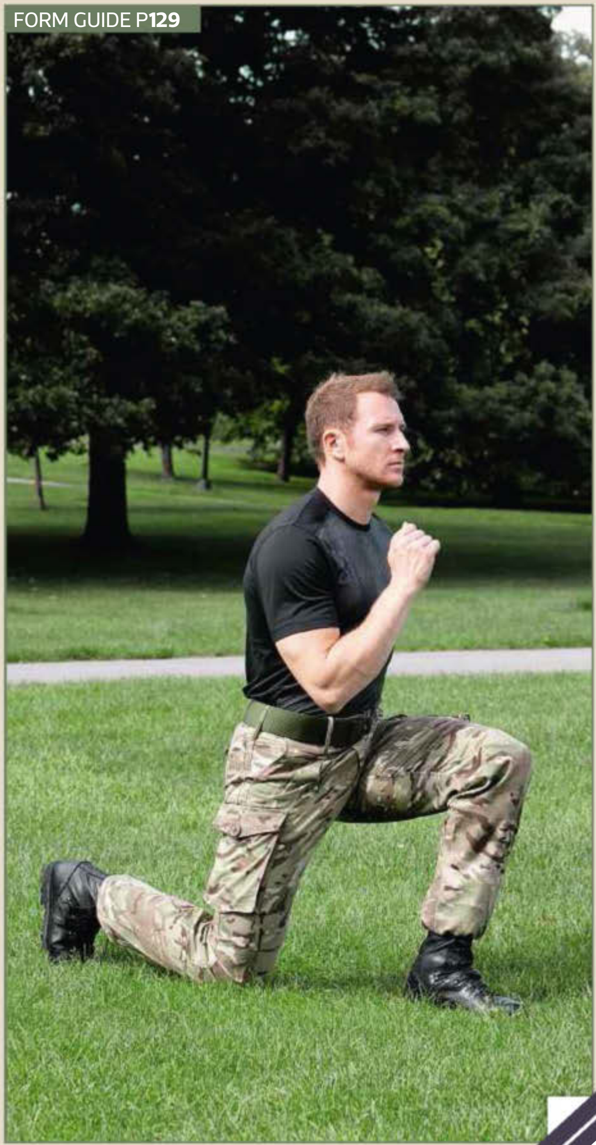
FORM GUIDE P**133**



## 02 WALKING LUNGE

REPS **PYRAMID (SEE BELOW)** TEMPO **N/A**

FORM GUIDE P**129**



**PYRAMID** DO 50 REPS OF EACH, THEN 40, 30 AND SO ON DOWN TO 10. DO 10 AGAIN AND WORK BACK UP TO 50

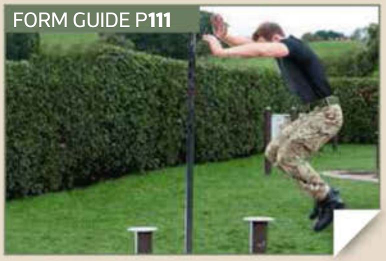
**SUNDAY REST DAY**

# WEEK 11

## MONDAY ◎ LEGS AND CORE

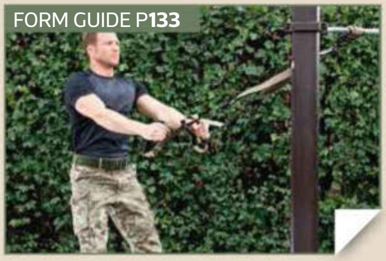
### 01 THIGH-HEIGHT BOX JUMP

REPS **5** TEMPO **N/A**


FORM GUIDE P**111**

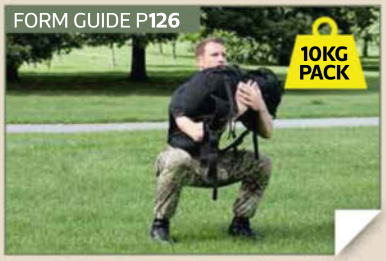
### 02 TRX JUMP SQUAT

REPS **20, 15, 10** REST **10sec** TEMPO **N/A**


FORM GUIDE P**133**

### 03 FRONT SQUAT

REPS **10, 6, 4** REST **10sec** TEMPO **4010**

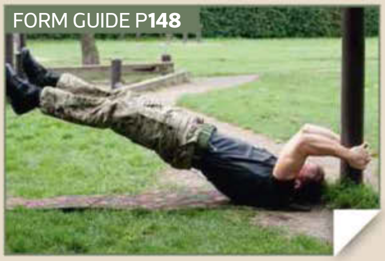

FORM GUIDE P**126**

10KG PACK

**TRI-SET 1 (ABOVE)** DO 3 SETS WITHOUT REST BETWEEN MOVES AND WITH 60-90SEC REST BETWEEN SETS

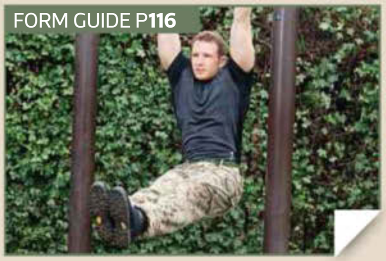
### 01 DRAGON LOWER

REPS **5** TEMPO **3010**


FORM GUIDE P**148**

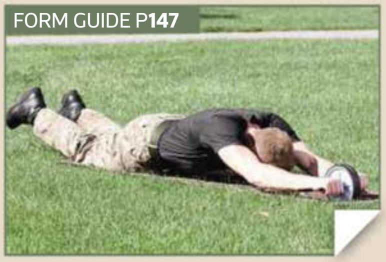
### 02 HANGING LEG RAISE

REPS **10, 6, 4** REST **10sec** TEMPO **3010**


FORM GUIDE P**116**

### 03 ABS ROLL-OUT

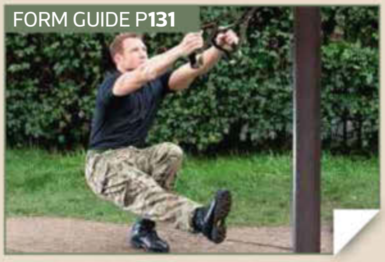
REPS **10, 6, 4** REST **10sec** TEMPO **3010**


FORM GUIDE P**147**

**TRI-SET 2 (ABOVE)** DO 3 SETS WITHOUT REST BETWEEN MOVES AND WITH 60-90SEC REST BETWEEN SETS

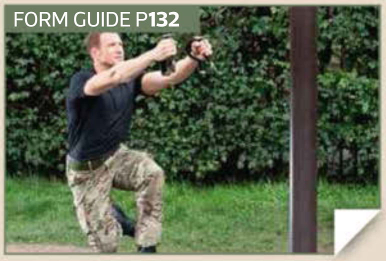
### 01 TRX PISTOL SQUAT

REPS **10 EACH SIDE** TEMPO **3010**


FORM GUIDE P**131**

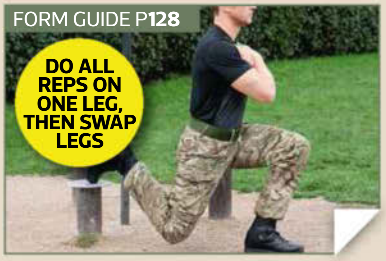
### 02 TRX CURTSY SQUAT

REPS **10, 6, 4 E/S** REST **10sec** TEMPO **4010**


FORM GUIDE P**132**

### 03 SPLIT SQUAT

REPS **10, 6, 4** REST **10sec** TEMPO **3010**


FORM GUIDE P**128**

DO ALL REPS ON ONE LEG, THEN SWAP LEGS

**TRI-SET 3 (ABOVE)** DO 2 SETS WITHOUT REST BETWEEN MOVES AND WITH 60-90SEC REST BETWEEN SETS

## TABATA (see p23)

1 SISSY SQUAT (FORM GUIDE P127)
2 SINGLE-LEG GLUTE BRIDGE WITH 10KG PACK ON HIPS (P145)

## TUESDAY ◎ UPPER BODY

### 01 DIP

REPS **10** TEMPO **4010**

FORM GUIDE P**123**

### 02 PRESS-UP

REPS **10, 6, 4** REST **10sec** TEMPO **4110**

FORM GUIDE P**118**

### 03 TRX FLYE

REPS **10, 6, 4** REST **10sec** TEMPO **3010**

FORM GUIDE P**135**

**TRI-SET 1 (ABOVE)** DO 3 SETS WITHOUT REST BETWEEN MOVES AND WITH 60-90SEC REST BETWEEN SETS

### 01 PULL-UP

REPS **10** TEMPO **4010**

FORM GUIDE P**114**

### 02 CHIN-UP

REPS **10, 6, 4** REST **10sec** TEMPO **3010**

FORM GUIDE P**115**

### 03 TRX INVERTED ROW

REPS **10, 6, 4** REST **10sec** TEMPO **4010**

FORM GUIDE P**134**

**TRI-SET 2 (ABOVE)** DO 3 SETS WITHOUT REST BETWEEN MOVES AND WITH 60-90SEC REST BETWEEN SETS

**TABATA (see p23)**

1 BENCH DIP (FORM GUIDE P124)
2 TRX BICEPS CURL (FORM GUIDE P137)

**WEDNESDAY REST DAY**

## THURSDAY ◎ INTERVALS

**01** SPRINT

DISTANCE **40m**

FORM GUIDE P**149**

**02** JOG

DISTANCE **40m**

FORM GUIDE **N/A**

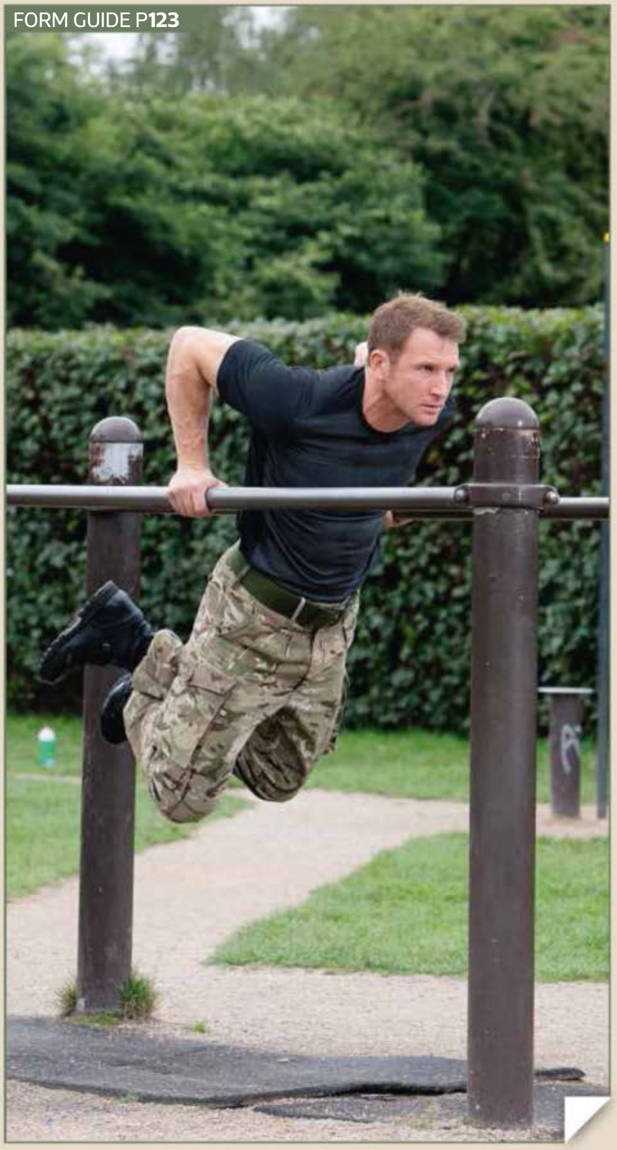
**INTERVAL CIRCUIT (ABOVE)** DO 10 SETS OF THE CIRCUIT WITHOUT RESTING BETWEEN MOVES OR SETS

## FRIDAY ◎ UPPER BODY

### 01 DIP

REPS **10** TEMPO **4010**

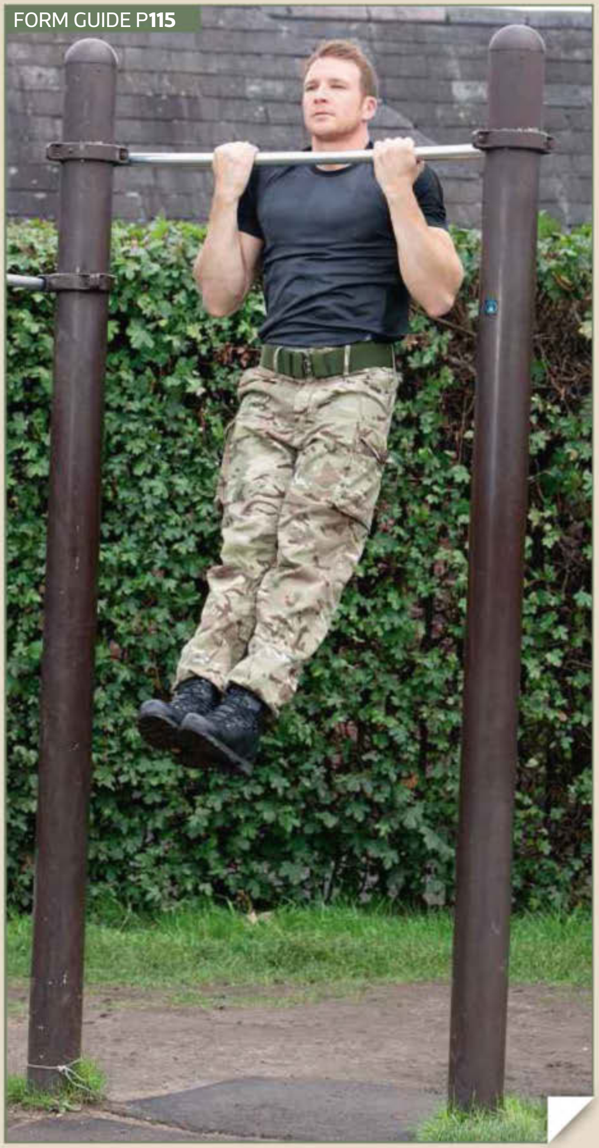
FORM GUIDE P**123**



### 02 CHIN-UP

REPS **10** TEMPO **4010**

FORM GUIDE P**115**



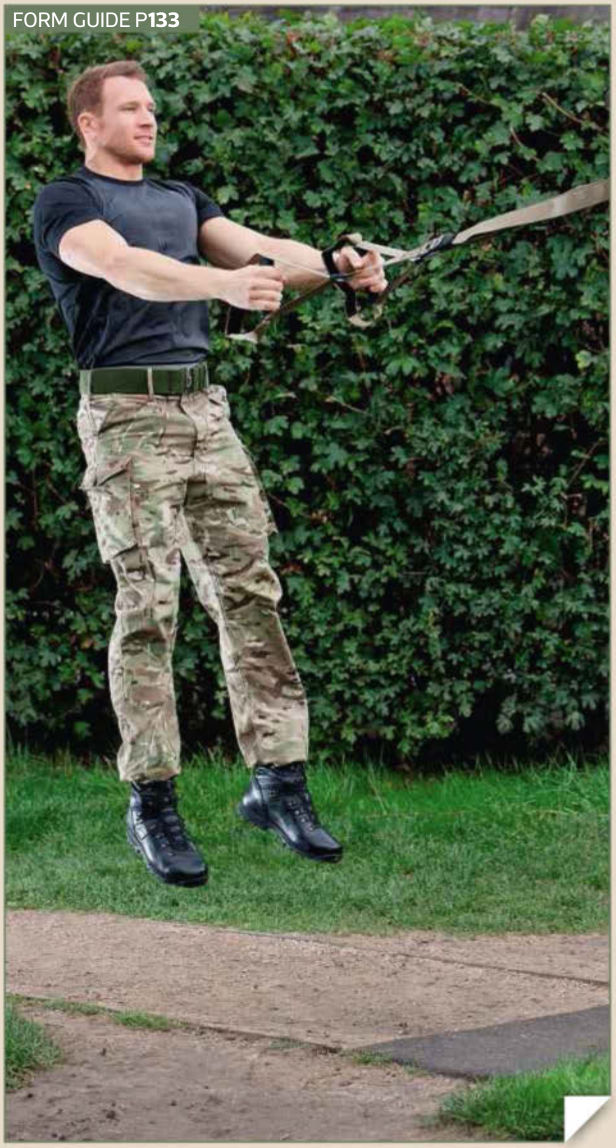
**SUPERSET 1 (ABOVE)** **DO 10 SETS WITHOUT REST BETWEEN MOVES AND WITH 60-90SEC REST BETWEEN SETS**

## SATURDAY ◎ LEGS

### 01 TRX JUMP SQUAT

REPS **PYRAMID (SEE BELOW)** TEMPO **N/A**

FORM GUIDE P**133**

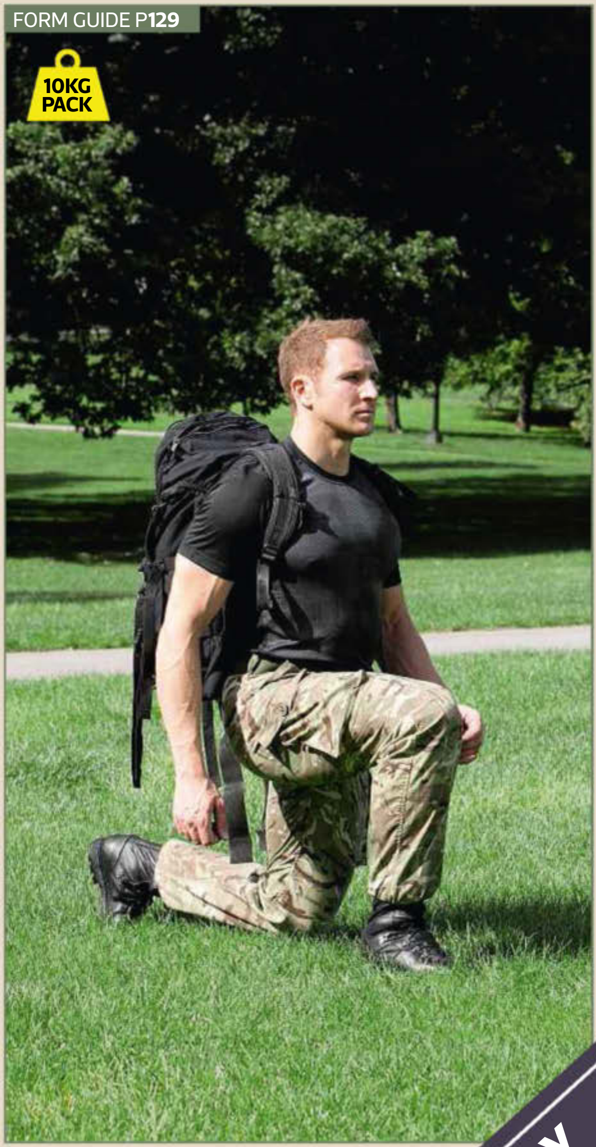


### 02 WALKING LUNGE

REPS **PYRAMID (SEE BELOW)** TEMPO **N/A**

FORM GUIDE P**129**

**10KG PACK**



**PYRAMID** DO 50 REPS OF EACH, THEN 40, 30 AND SO ON TO 10. DO 10 AGAIN AND WORK BACK UP TO 50

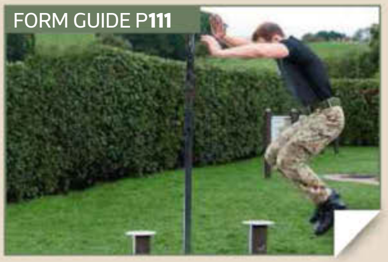
**SUNDAY REST DAY**

# WEEK 12

## MONDAY ◎ LEGS AND CORE

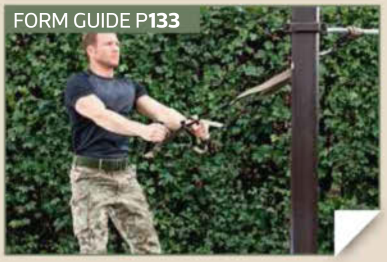
### 01 THIGH-HEIGHT BOX JUMP

REPS **5** TEMPO **N/A**


FORM GUIDE P**111**

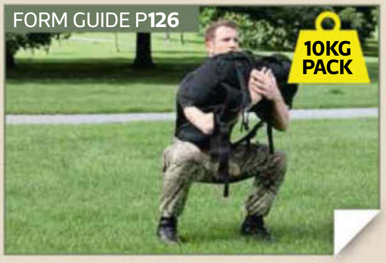
### 02 TRX JUMP SQUAT

REPS **20, 15, 10** REST **10sec** TEMPO **N/A**


FORM GUIDE P**133**

### 03 FRONT SQUAT

REPS **10, 6, 4** REST **10sec** TEMPO **4010**

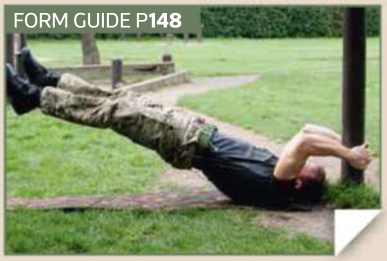

FORM GUIDE P**126**

10KG PACK

**TRI-SET 1 (ABOVE)** DO 3 SETS WITHOUT REST BETWEEN MOVES AND WITH 60-90SEC REST BETWEEN SETS

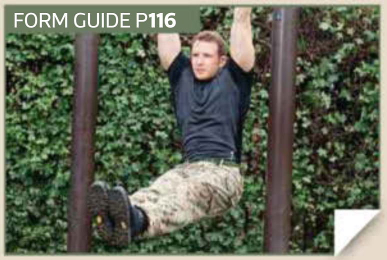
### 01 DRAGON LOWER

REPS **5, 3, 2** REST **10sec** TEMPO **3010**


FORM GUIDE P**148**

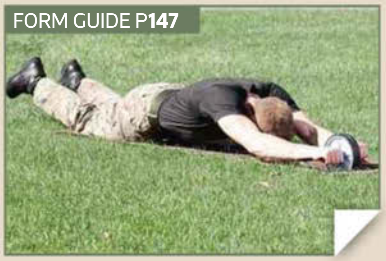
### 02 HANGING LEG RAISE

REPS **10, 6, 4** REST **10sec** TEMPO **3010**


FORM GUIDE P**116**

### 03 ABS ROLL-OUT

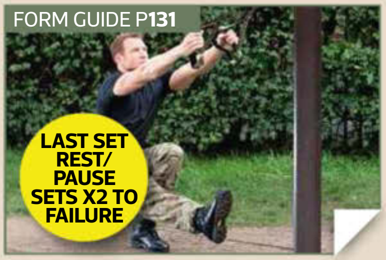
REPS **10, 6, 4** REST **10sec** TEMPO **3010**


FORM GUIDE P**147**

**TRI-SET 2 (ABOVE)** DO 3 SETS WITHOUT REST BETWEEN MOVES AND WITH 60-90SEC REST BETWEEN SETS

### 01 TRX PISTOL SQUAT

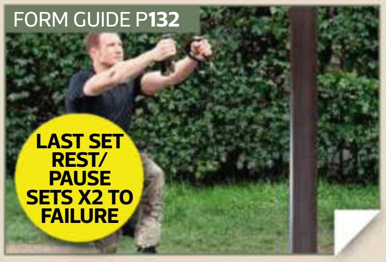
REPS **10-15 EACH SIDE** TEMPO **5010**


FORM GUIDE P**131**

LAST SET REST/PAUSE SETS X2 TO FAILURE

### 02 TRX CURTSY SQUAT

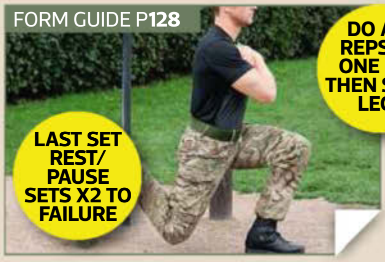
REPS **10-15 EACH SIDE** TEMPO **5010**


FORM GUIDE P**132**

LAST SET REST/PAUSE SETS X2 TO FAILURE

### 03 SPLIT SQUAT

REPS **10-15 EACH SIDE** TEMPO **5010**


FORM GUIDE P**128**

DO ALL REPS ON ONE LEG, THEN SWAP LEGS

LAST SET REST/PAUSE SETS X2 TO FAILURE

**TRI-SET 3 (ABOVE)** DO 2 SETS WITHOUT REST BETWEEN MOVES AND WITH 60-90SEC REST BETWEEN SETS

**TABATA (see p23)**

1 SISSY SQUAT (FORM GUIDE P127)
2 SINGLE-LEG GLUTE BRIDGE WITH 15KG PACK ON HIPS (P145)

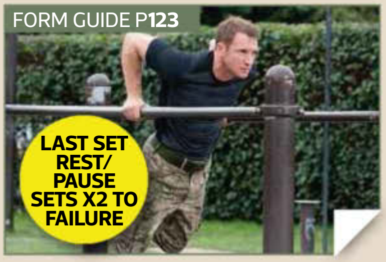
# WEEK 12

## TUESDAY ◎ UPPER BODY

### 01 DIP

REPS **10-15** TEMPO **5010**

FORM GUIDE P**123**

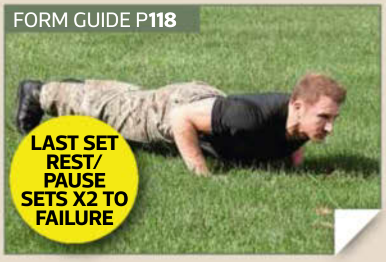


LAST SET REST/ PAUSE SETS X2 TO FAILURE

### 02 PRESS-UP

REPS **10-15** TEMPO **5010**

FORM GUIDE P**118**

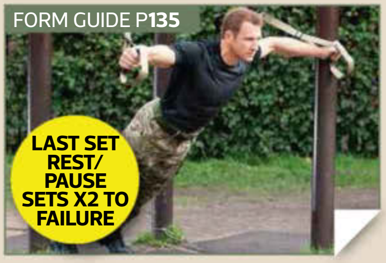


LAST SET REST/ PAUSE SETS X2 TO FAILURE

### 03 TRX FLYE

REPS **10-15** TEMPO **5010**

FORM GUIDE P**135**



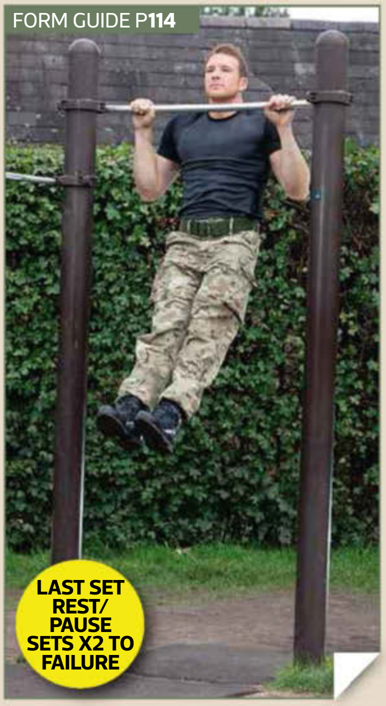
LAST SET REST/ PAUSE SETS X2 TO FAILURE

**TRI-SET 1 (ABOVE)** DO 3 SETS WITHOUT REST BETWEEN MOVES AND WITH 60-90SEC REST BETWEEN SETS

### 01 PULL-UP

REPS **10-15** TEMPO **5010**

FORM GUIDE P**114**

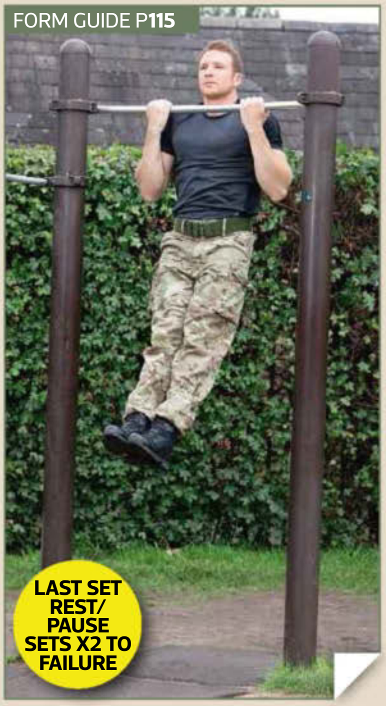


LAST SET REST/ PAUSE SETS X2 TO FAILURE

### 02 CHIN-UP

REPS **10-15** TEMPO **5010**

FORM GUIDE P**115**

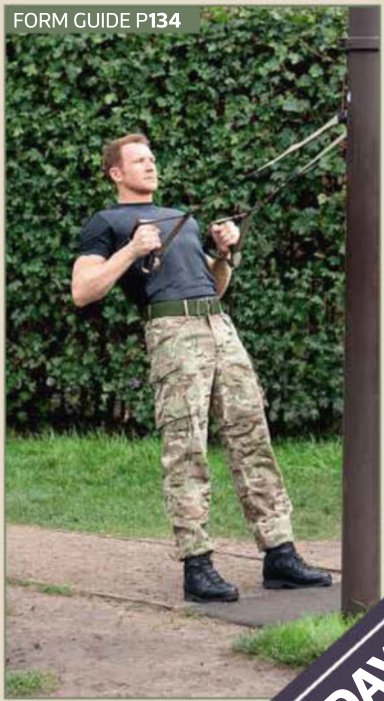


LAST SET REST/ PAUSE SETS X2 TO FAILURE

### 03 TRX INVERTED ROW

REPS **10, 6, 4** REST **10sec** TEMPO **4010**

FORM GUIDE P**134**



**TRI-SET 2 (ABOVE)** DO 3 SETS WITHOUT REST BETWEEN MOVES AND WITH 60-90SEC REST BETWEEN SETS

## TABATA (see p23)

1 BENCH DIP (FORM GUIDE P124)
2 TRX BICEPS CURL (FORM GUIDE P137)

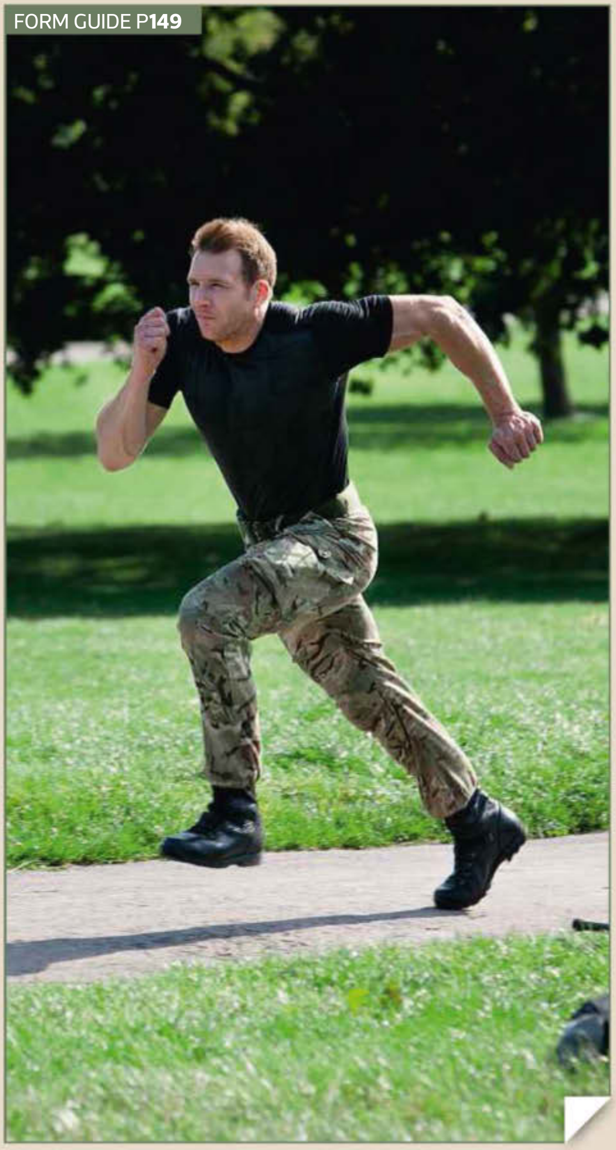
## WEDNESDAY REST DAY

## THURSDAY ◎ INTERVALS

### 01 SPRINT

DISTANCE **50m**

FORM GUIDE **P149**



### 02 JOG

DISTANCE **50m**

FORM GUIDE **N/A**

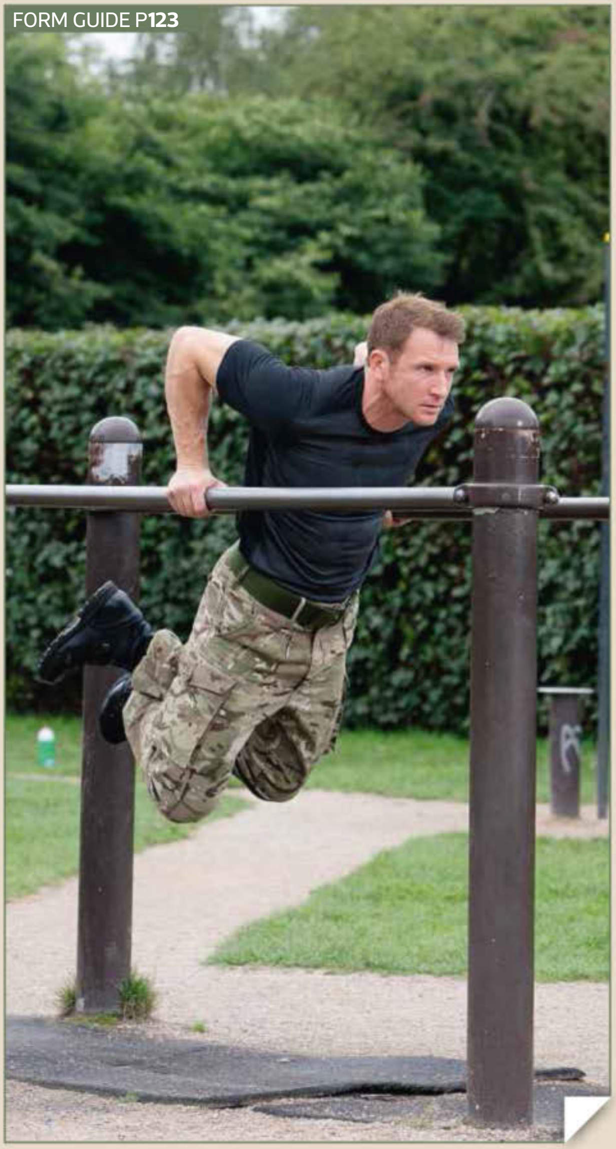
**INTERVAL CIRCUIT (ABOVE)** DO 10 SETS OF THE CIRCUIT WITHOUT RESTING BETWEEN MOVES OR SETS

## FRIDAY ◎ UPPER BODY

### 01 DIP

REPS **10** TEMPO **4010**

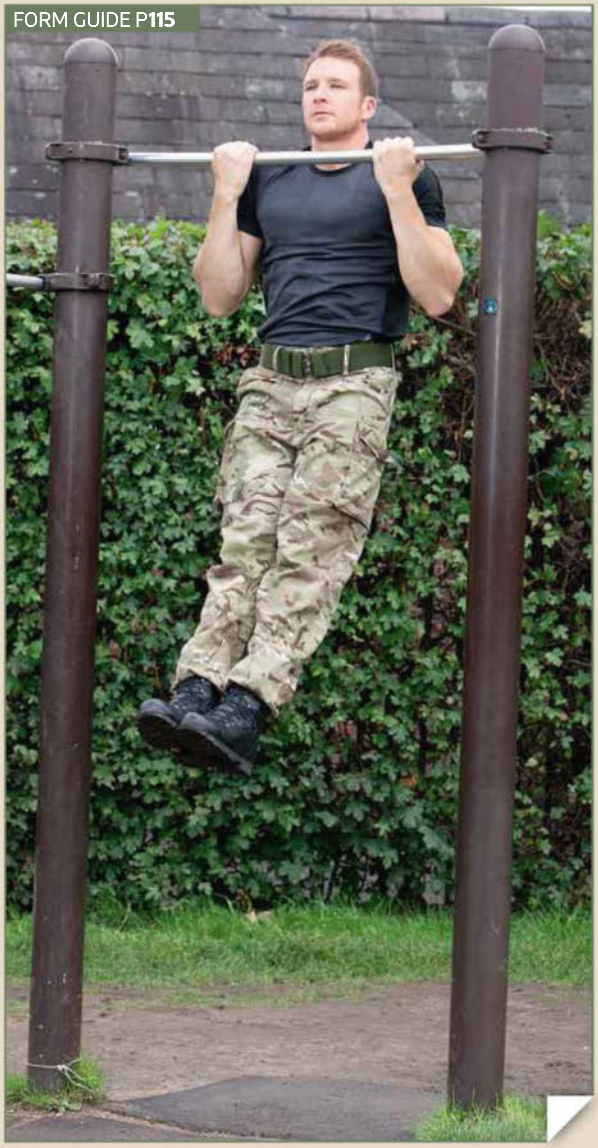
FORM GUIDE P**123**



### 02 CHIN-UP

REPS **10** TEMPO **4010**

FORM GUIDE P**115**



**SUPERSET 1 (ABOVE)** DO 10 SETS WITHOUT REST BETWEEN MOVES AND WITH 60-90SEC REST BETWEEN SETS

**TABATA (see p23)**

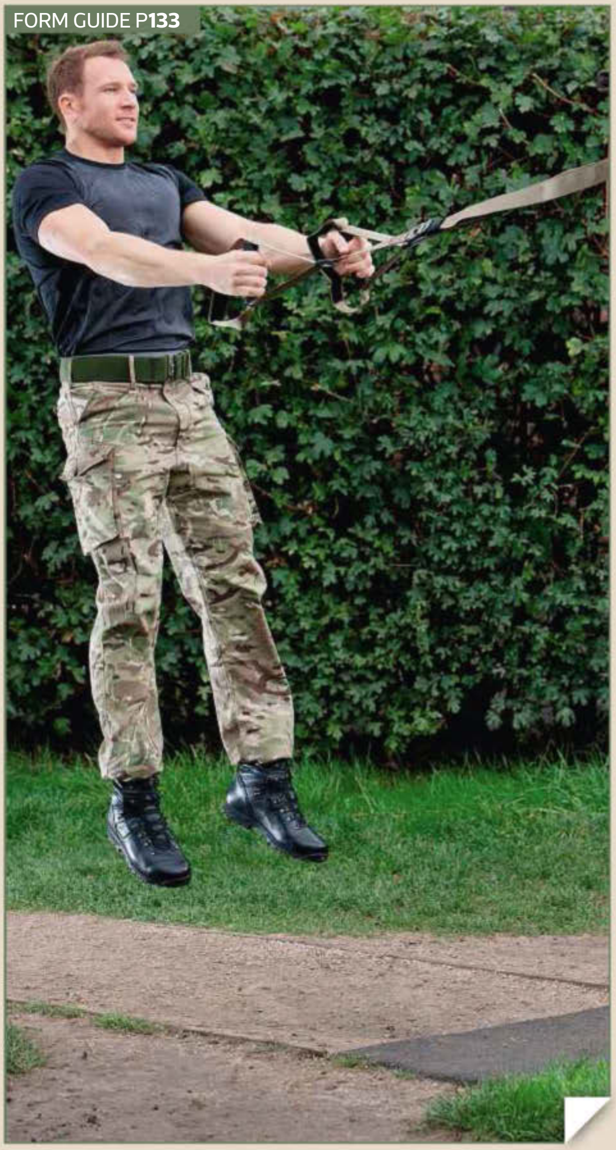
1 PRESS-UP (FORM GUIDE P118)
2 TRX INVERTED ROW (FORM GUIDE P134)

## SATURDAY ◎ LEGS

### 01 TRX JUMP SQUAT

REPS **PYRAMID (SEE BELOW)** TEMPO **N/A**

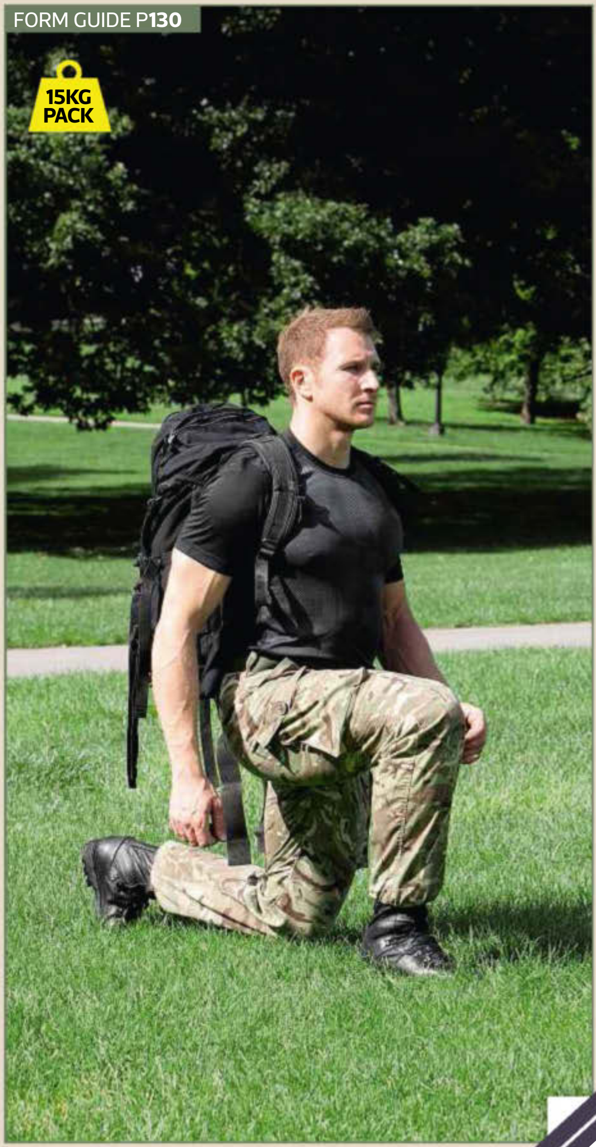
FORM GUIDE P**133**



### 02 WALKING LUNGE

REPS **PYRAMID (SEE BELOW)** TEMPO **N/A**

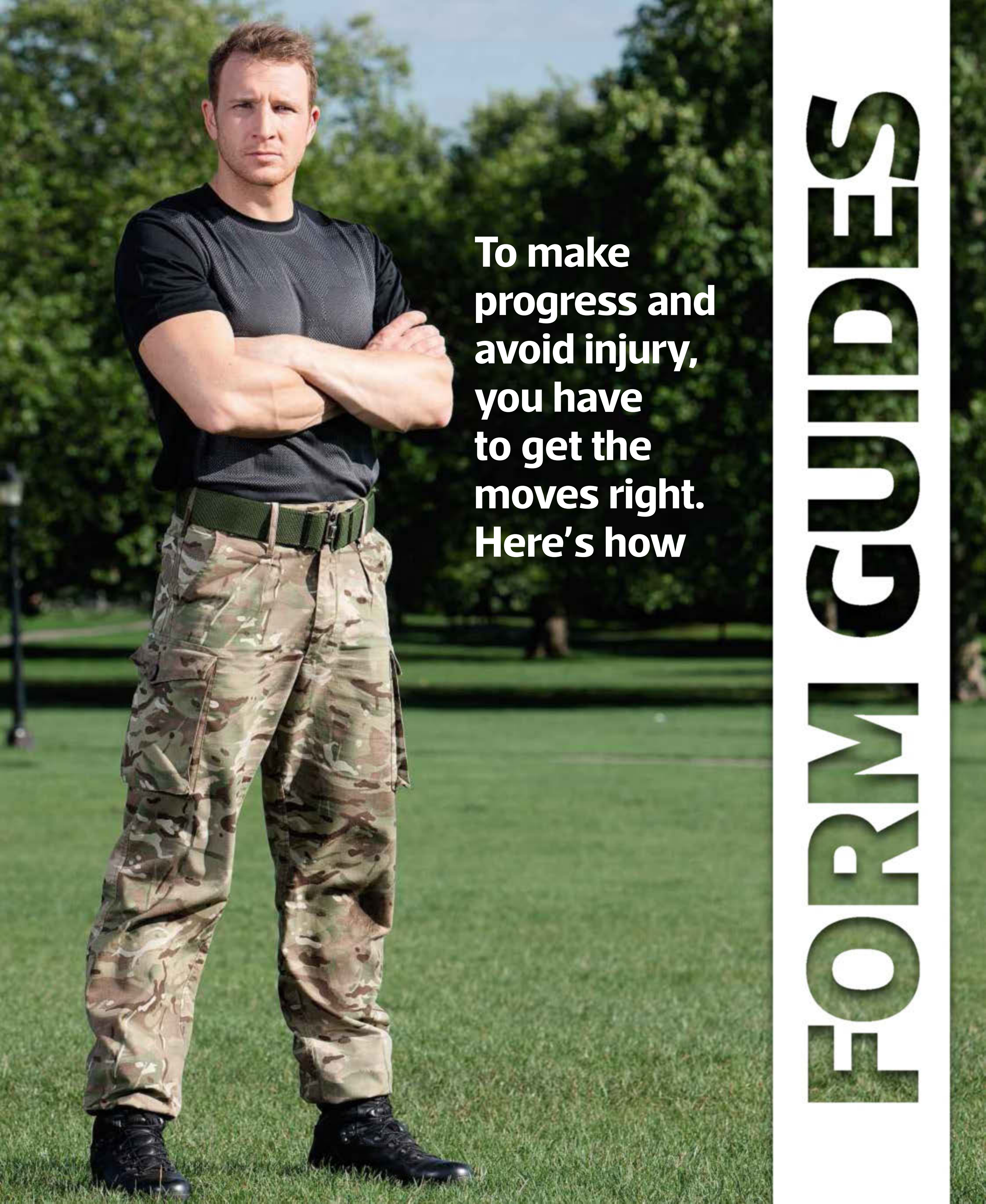
FORM GUIDE P**130**



**PYRAMID** DO 50 REPS OF EACH, THEN 40, 30 AND SO ON DOWN TO 10. DO 10 AGAIN AND WORK BACK UP TO 50

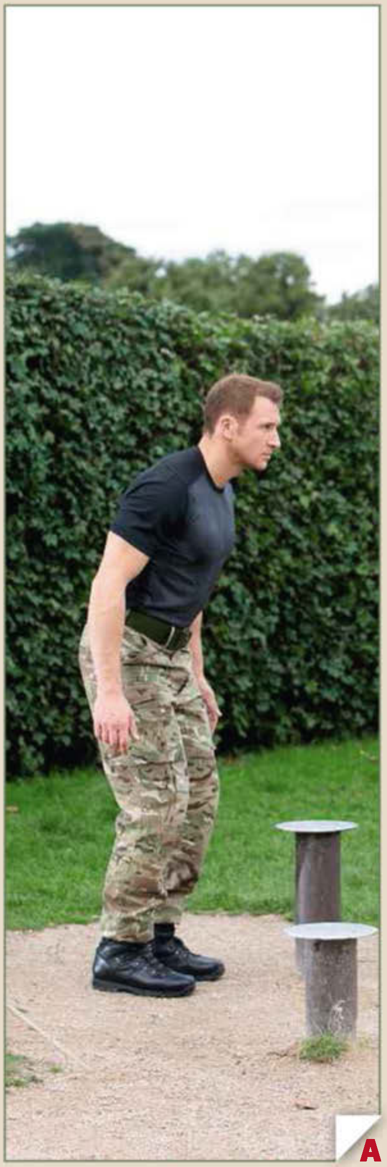
**SUNDAY REST DAY**

# FORM GUIDES



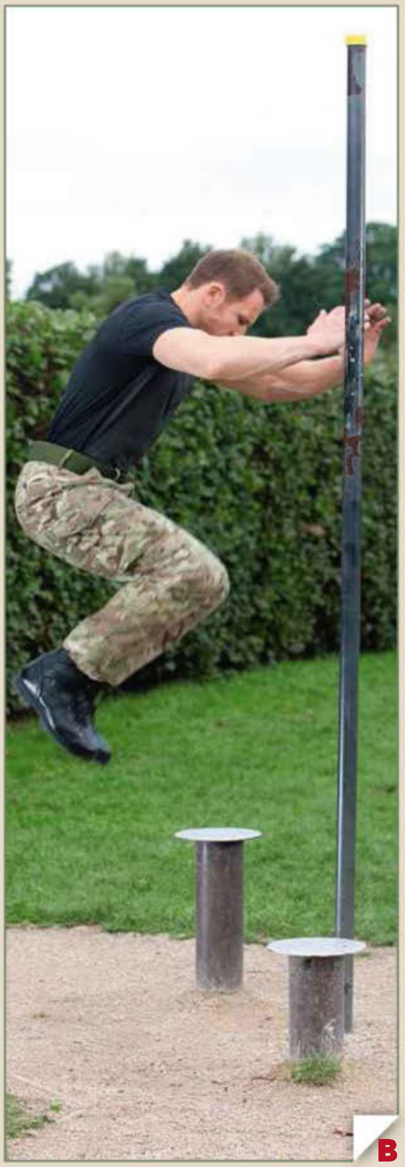
To make progress and avoid injury, you have to get the moves right. Here's how

## KNEE-HEIGHT BOX JUMP



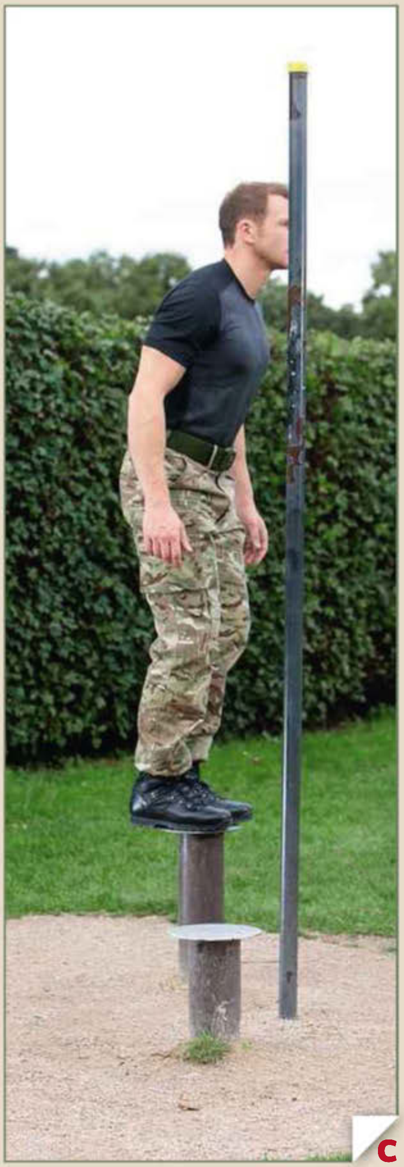
A

- Stand in front of a knee-high box with your feet shoulder-width apart.



B

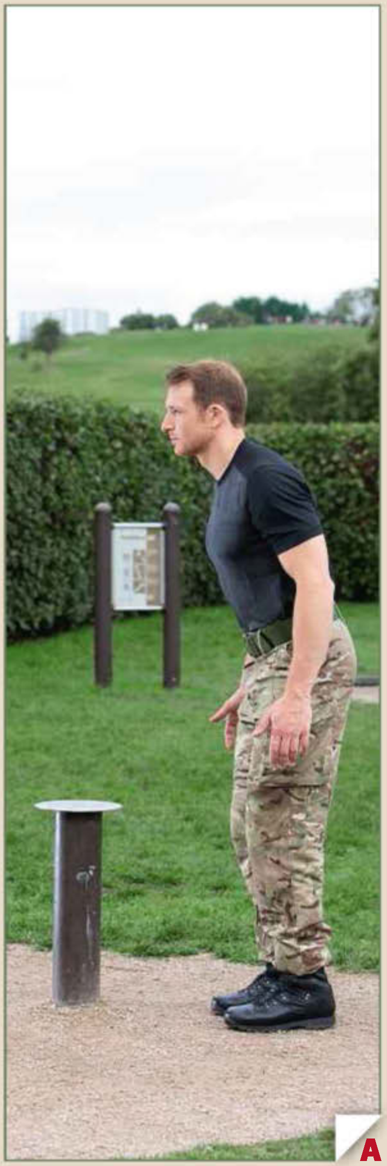
- Jump up onto the box, landing as softly as possible with both your feet on top of the box.

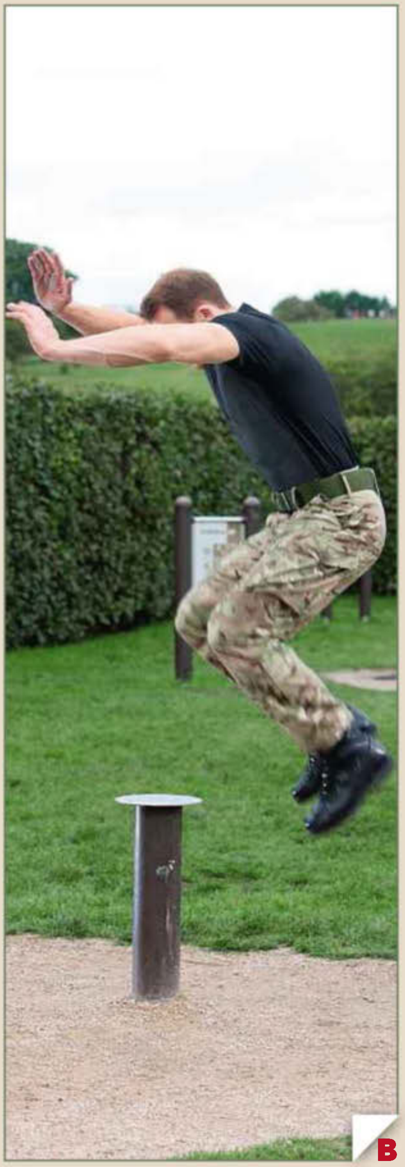


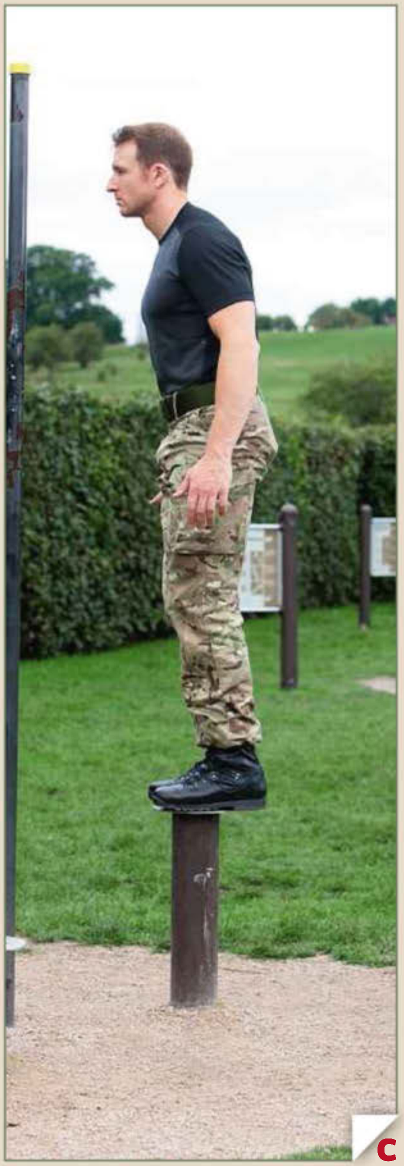
C

- Pause, then step back down to the start.

## THIGH-HEIGHT BOX JUMP

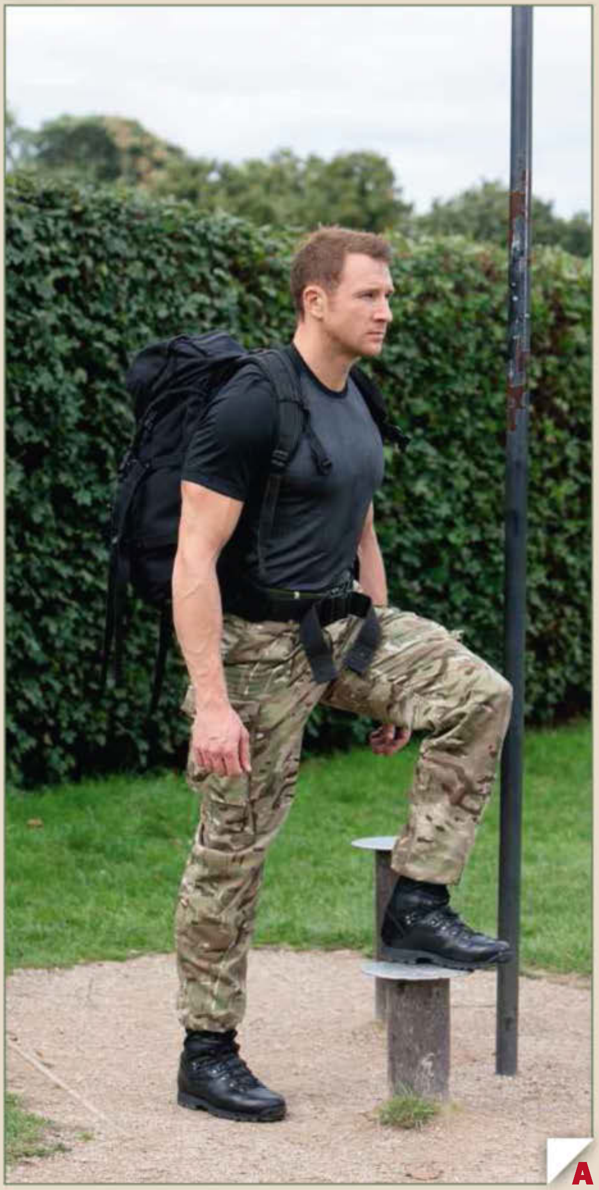

A


B

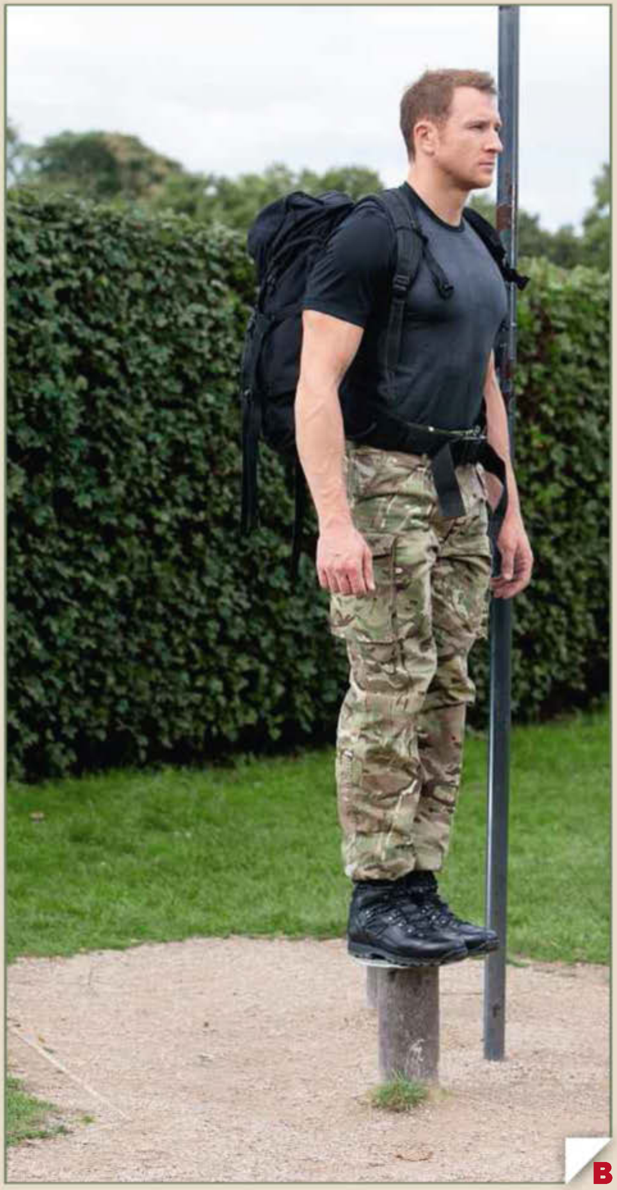

C

- Stand in front of a thigh-high box with your feet shoulder-width apart.
- Jump up onto the box, landing as softly as possible with both of your feet on top of the box.
- Pause, then step down back to the start.

## STEP-UP



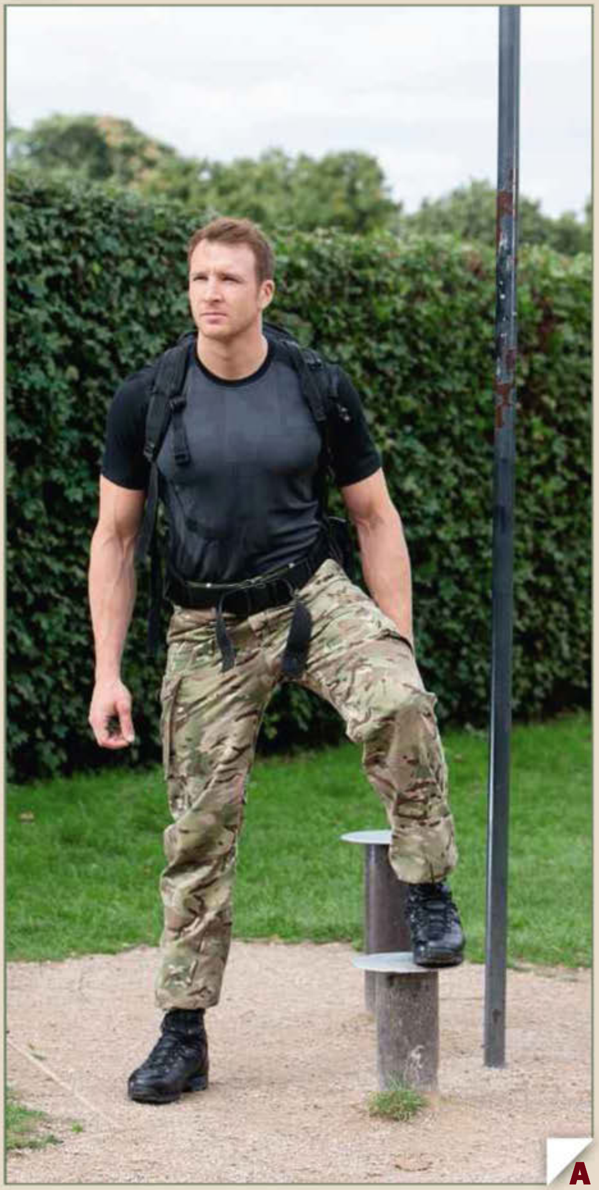
A

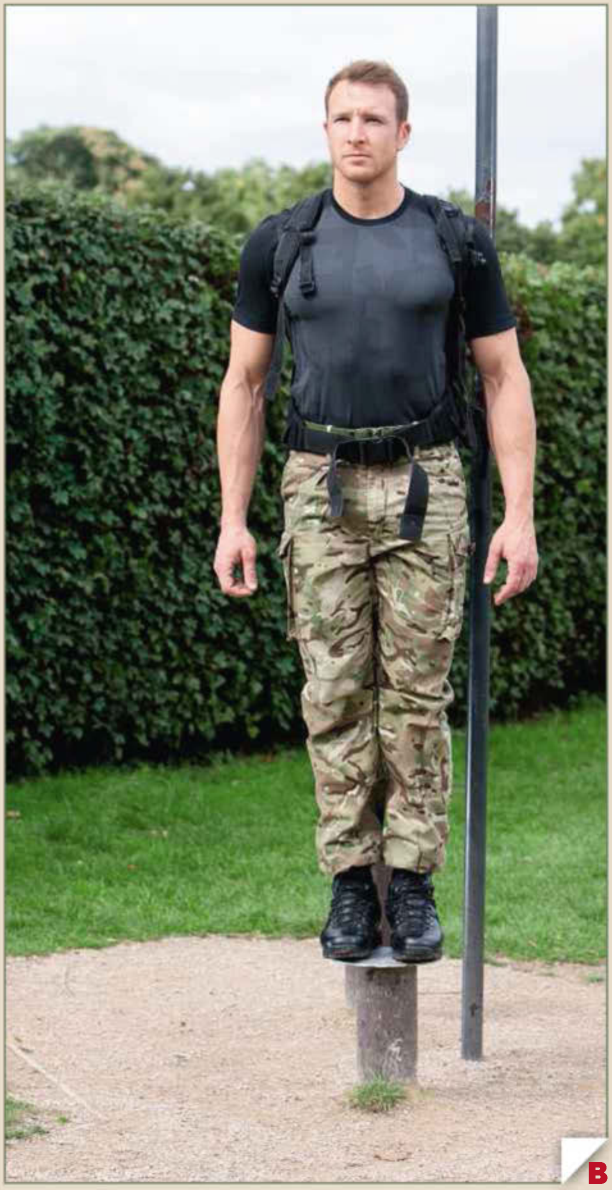


B

- Stand facing a bench or box and place one foot on it. Ensure that you place your whole foot on the bench.
- Push up so both feet are on the bench.
- Step down with the first leg and then the second to return to the starting position.
- Complete all the reps with the same leg first, then switch so that you step up with the other leg first.

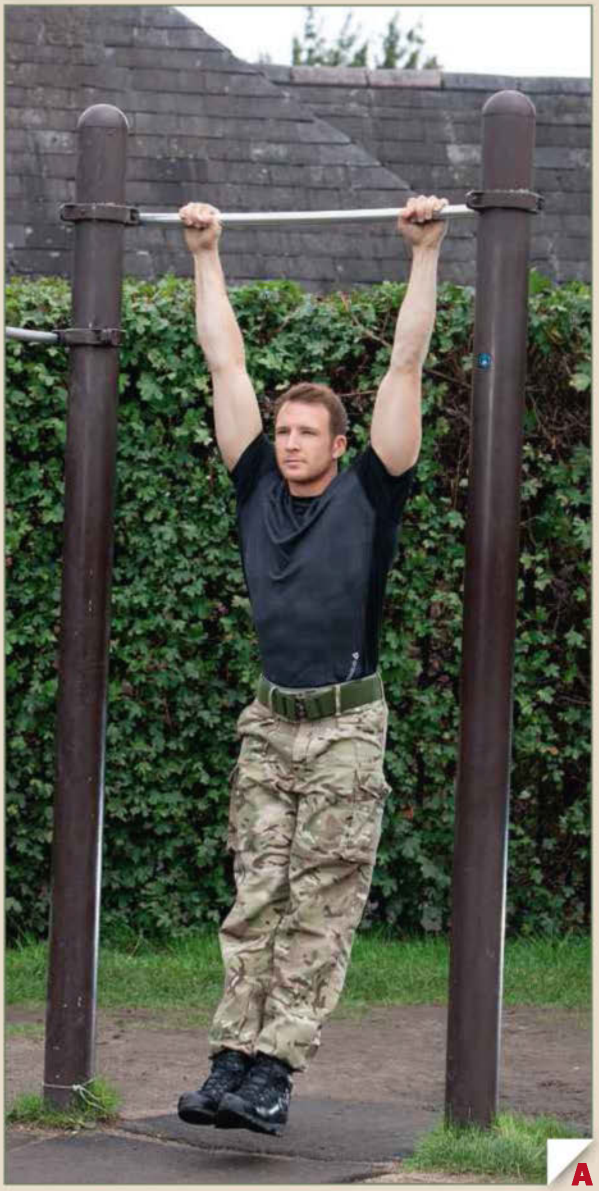
## SIDE STEP-UP

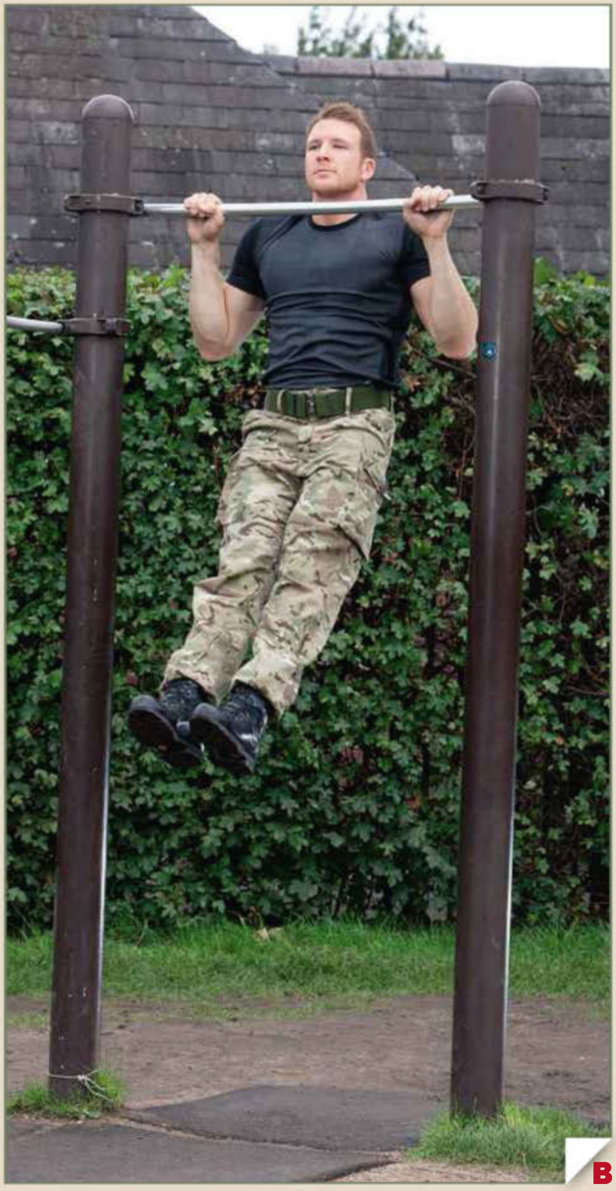

**A**


**B**

- Stand side-on to a bench or box and place one foot on it. Ensure you leave enough room for the other foot.
- Push up so both feet are on the bench.
- Step down with the second leg and then the first to return to the start position.
- Complete all the reps with the same leg first, then turn round and switch so that you step up with the other leg first.

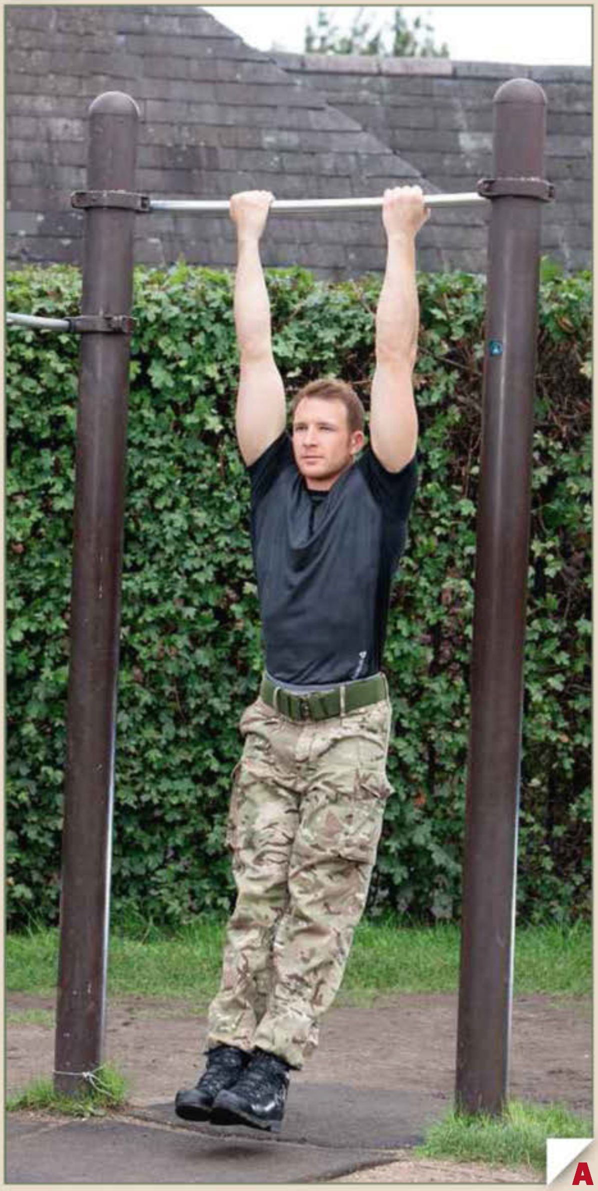
## PULL-UP


A

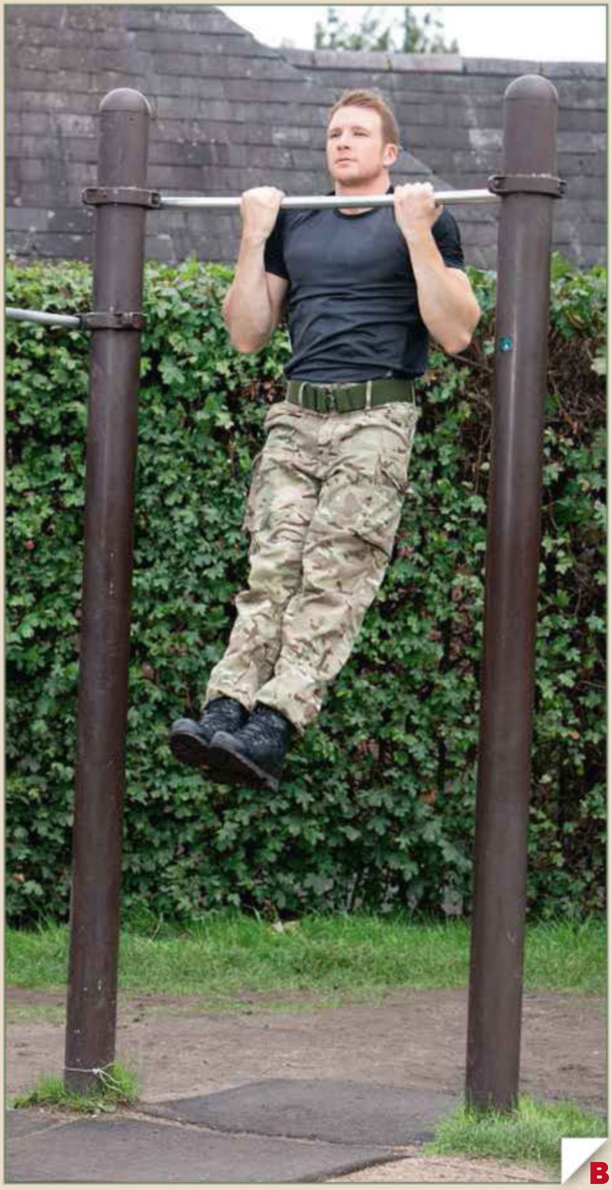

B

- Hold the bar with an overhand grip, palms facing away from you, hands shoulder-width apart and with your body in a dead hang.
- Keeping your core tight, pull up until your chin is above the bar.
- Pause, then lower yourself back to a dead hang under control.

## CHIN-UP



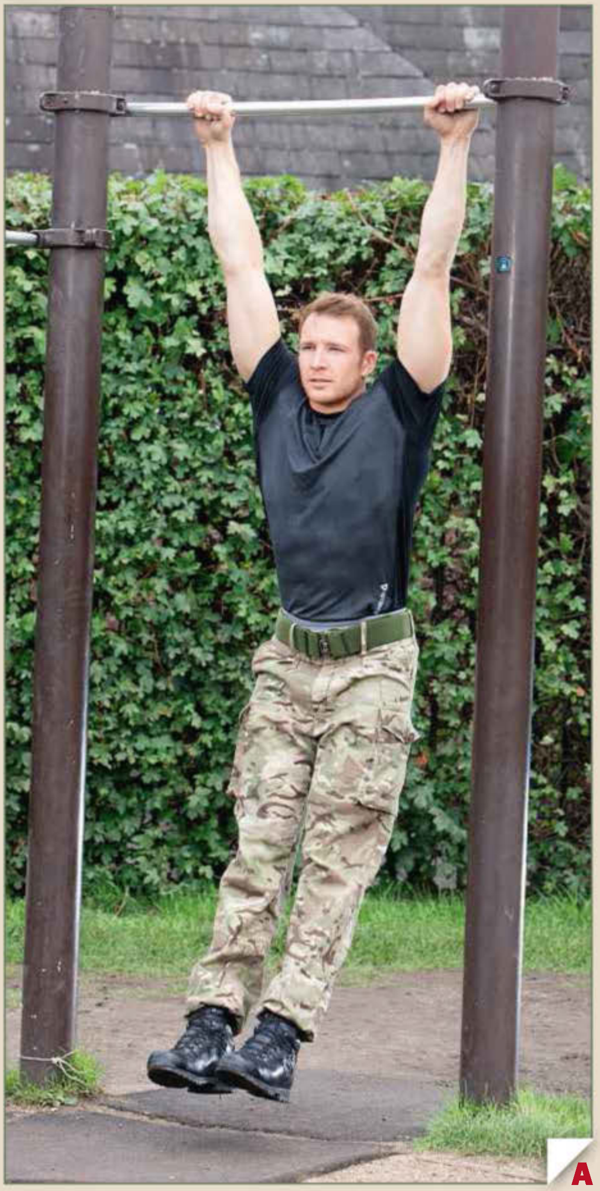
A



B

- Hold the bar with an underhand grip, palms facing towards you, hands shoulder-width apart and with your body in a dead hang.
- Keeping your core tight, pull up until your chin is above the bar.
- Pause, then lower yourself back to a dead hang under control.

## HANGING LEG RAISE



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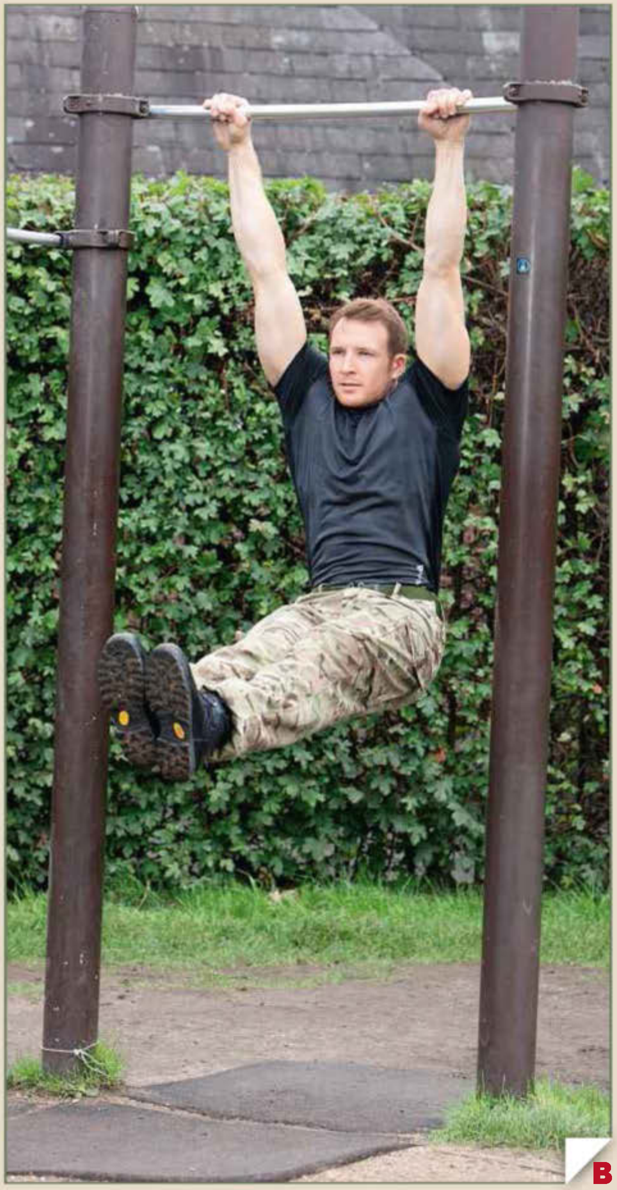
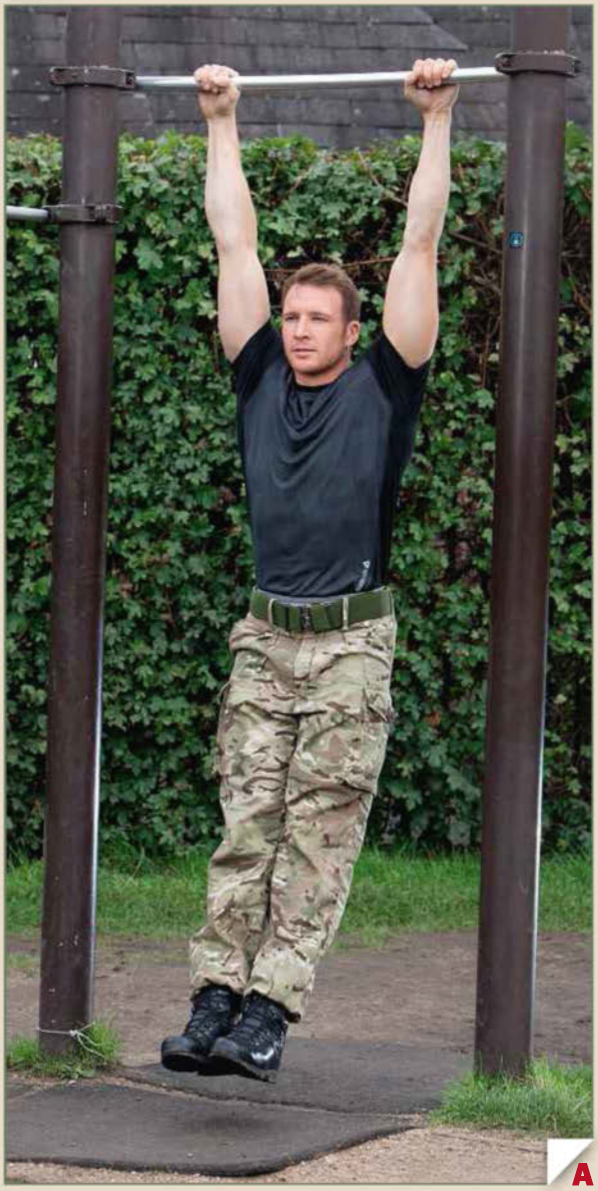


B

- Hang from a bar using an overhand grip with your hands slightly wider than shoulder-width apart.
- Raise your legs until your knees are at least level with your hips.
- Return your legs to the start under control.

## HANGING TWISTING KNEE RAISE



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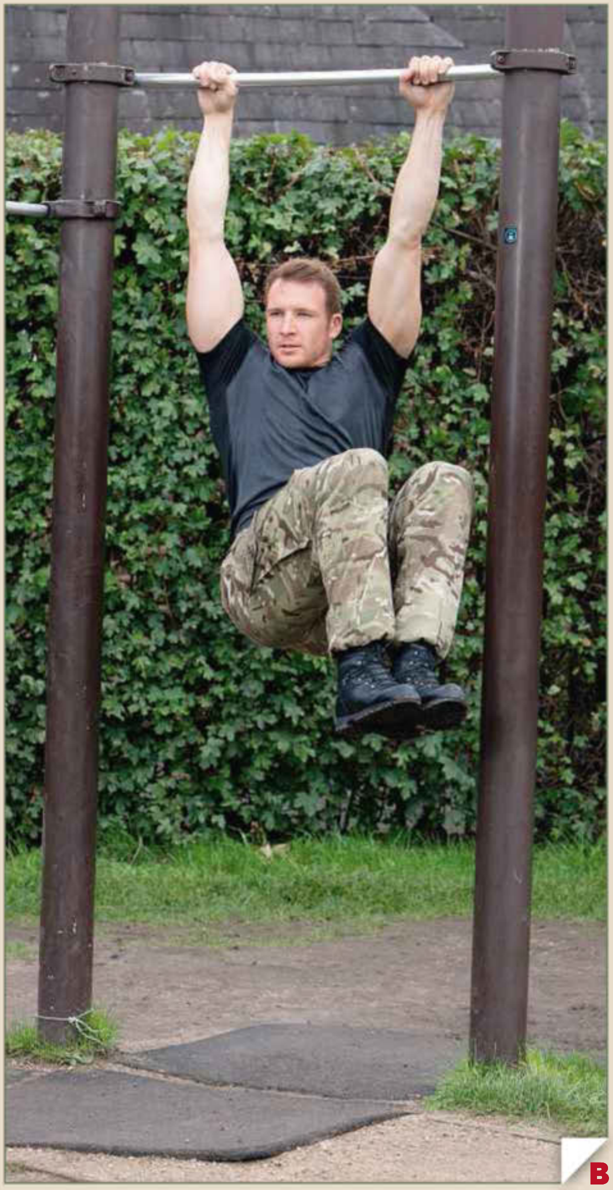
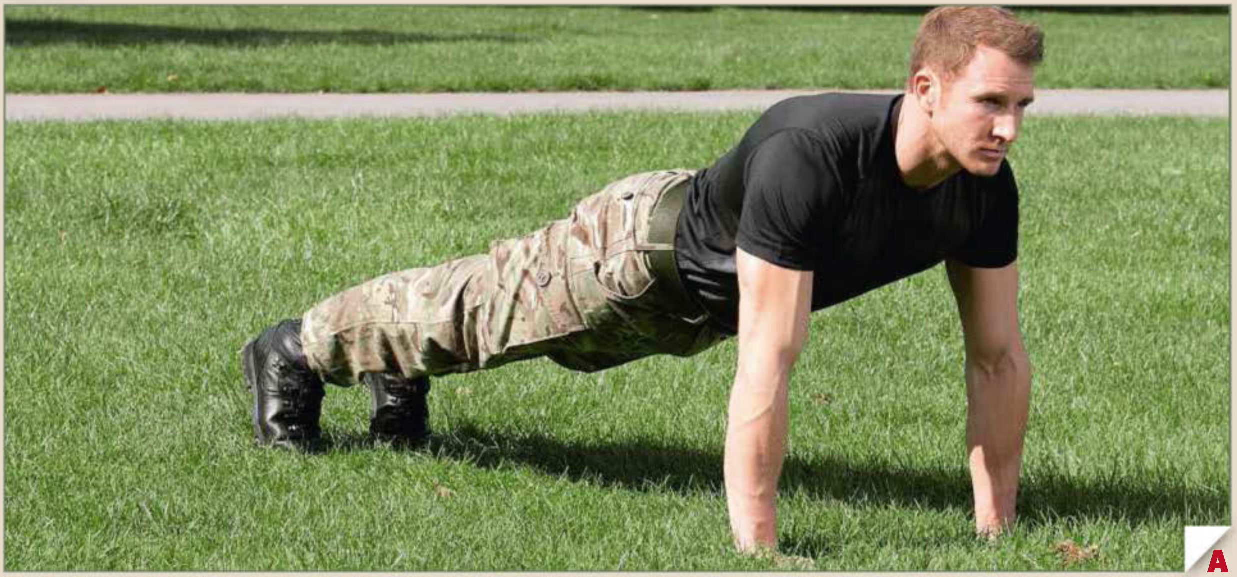


B

- Hang from the bar with your arms just wider than shoulder-width apart and your palms facing forwards.
- Pull your knees up into a diagonal tuck to one side.
- Lower slowly and avoid swinging.
- Repeat to the other side.

## PRESS-UP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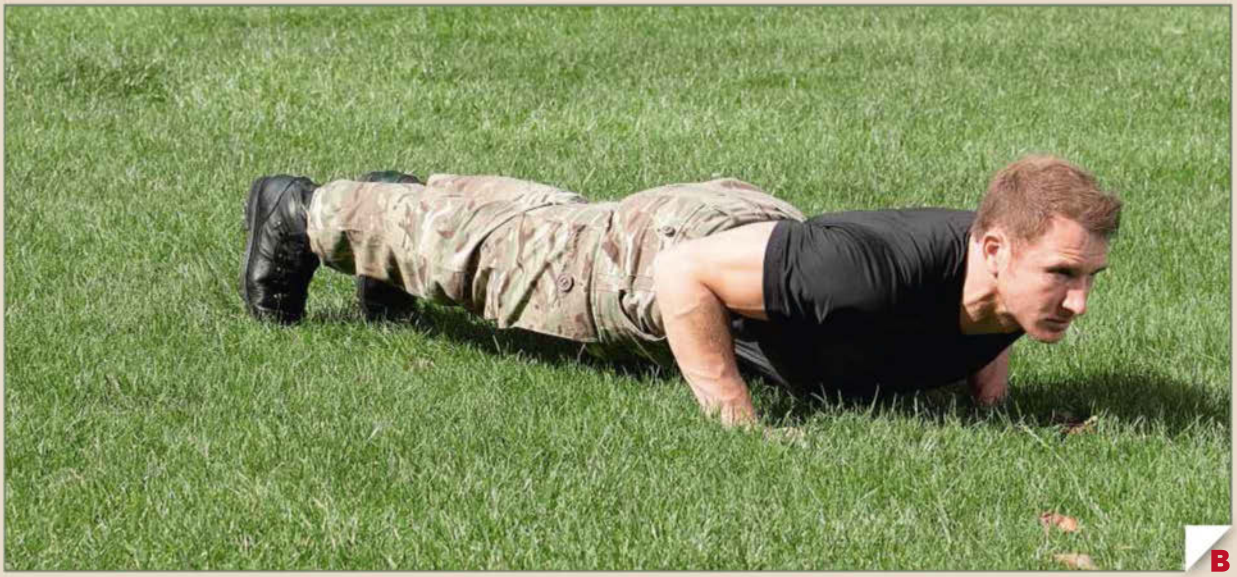
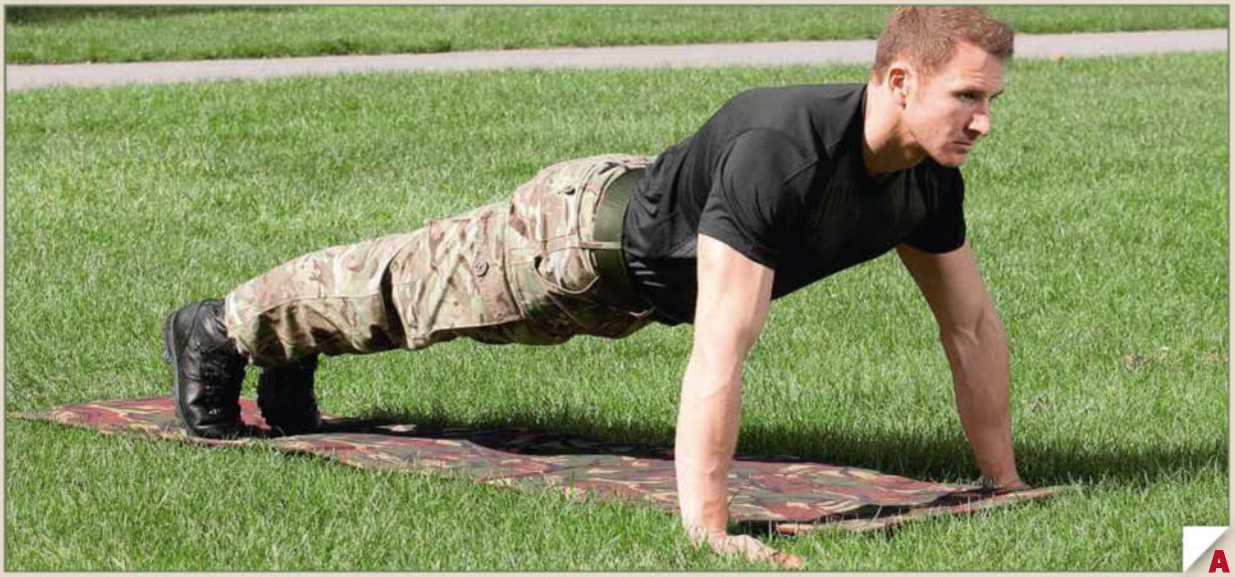
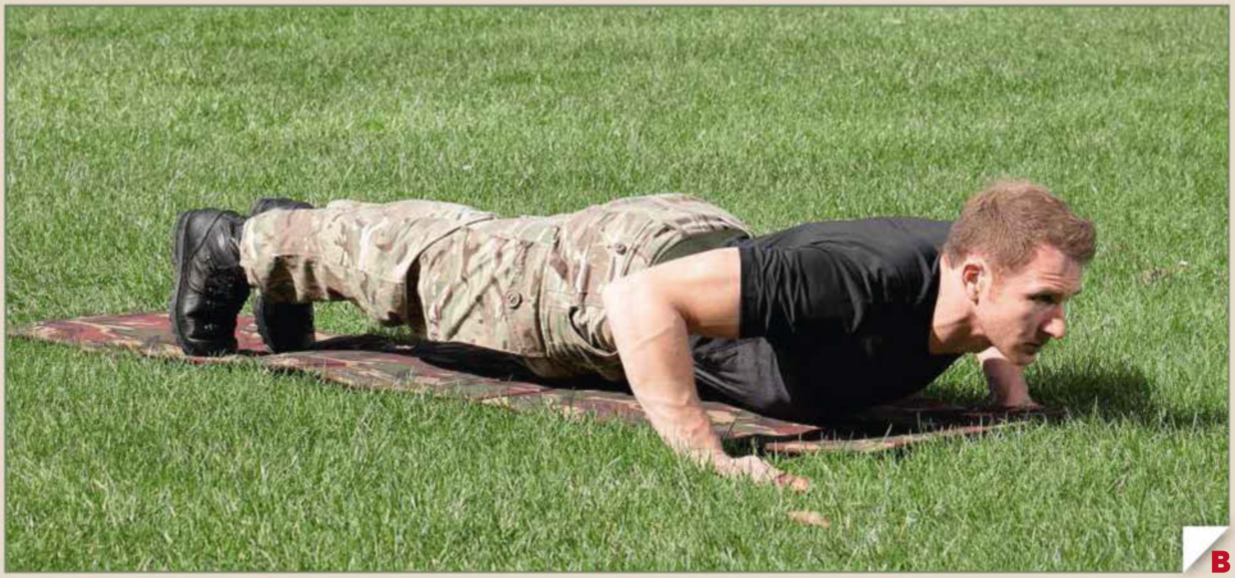

B

- Start with your hands shoulder-width apart and your body completely straight from heels to shoulders.
- lower yourself until your chest almost touches the floor.
- Pause, then return to the start position by pressing down through your hands and straightening your arms.

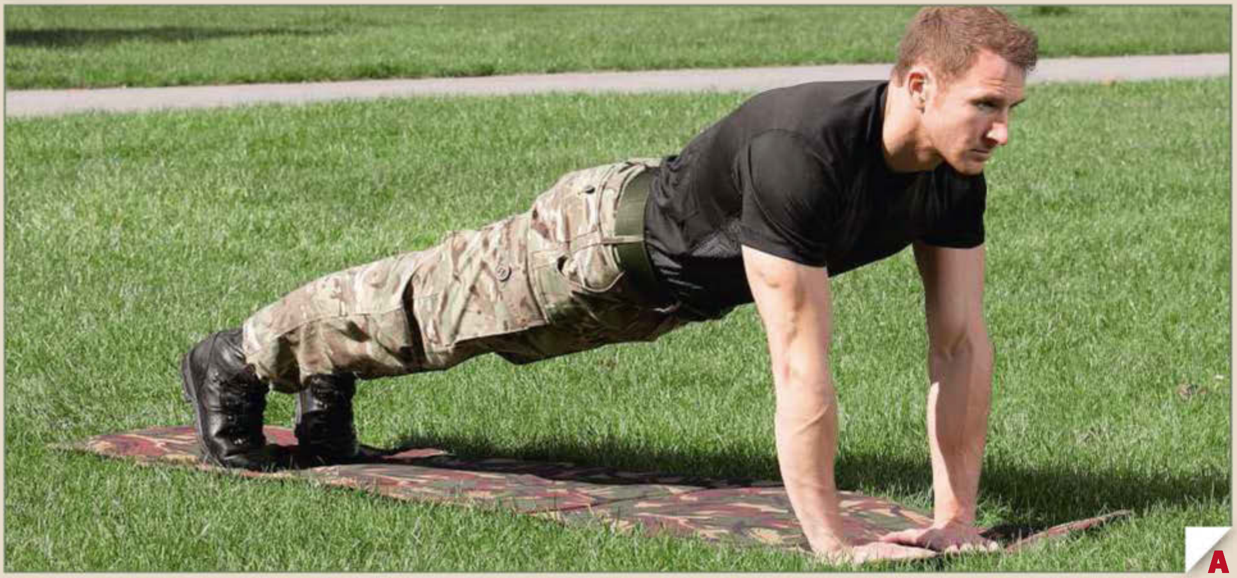
## WIDE-ARM PRESS-UP

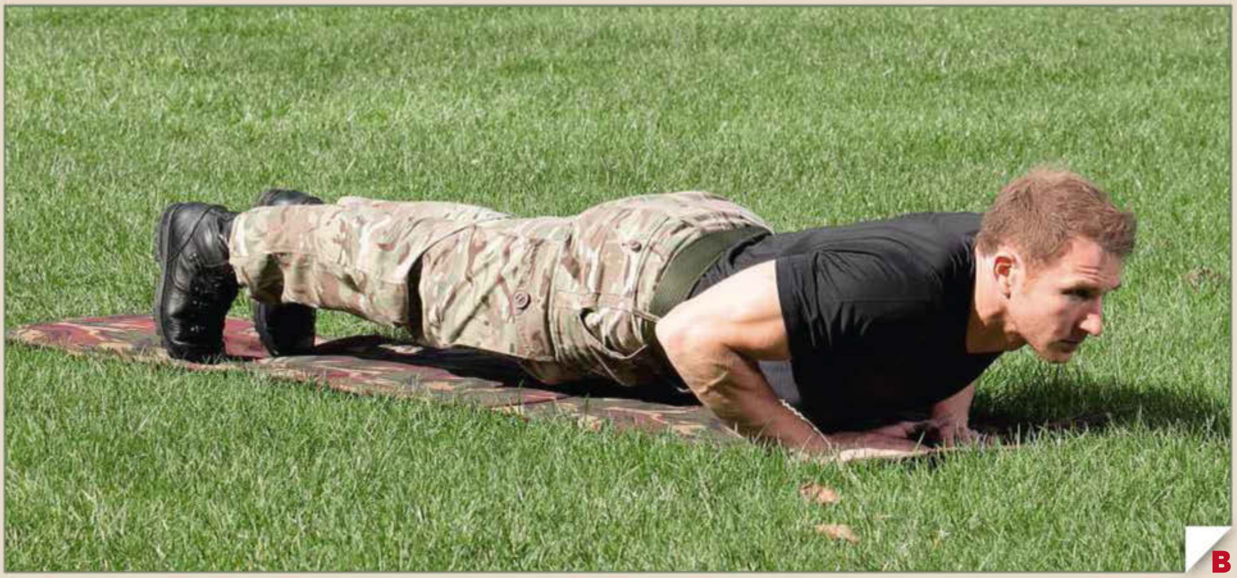




- Start with your hands twice shoulder-width apart and your body straight from heels to shoulders.
- Lower your chest to jsut above the floor.
- Pause, then return to start position by pressing down through your hands and straightening your arms.

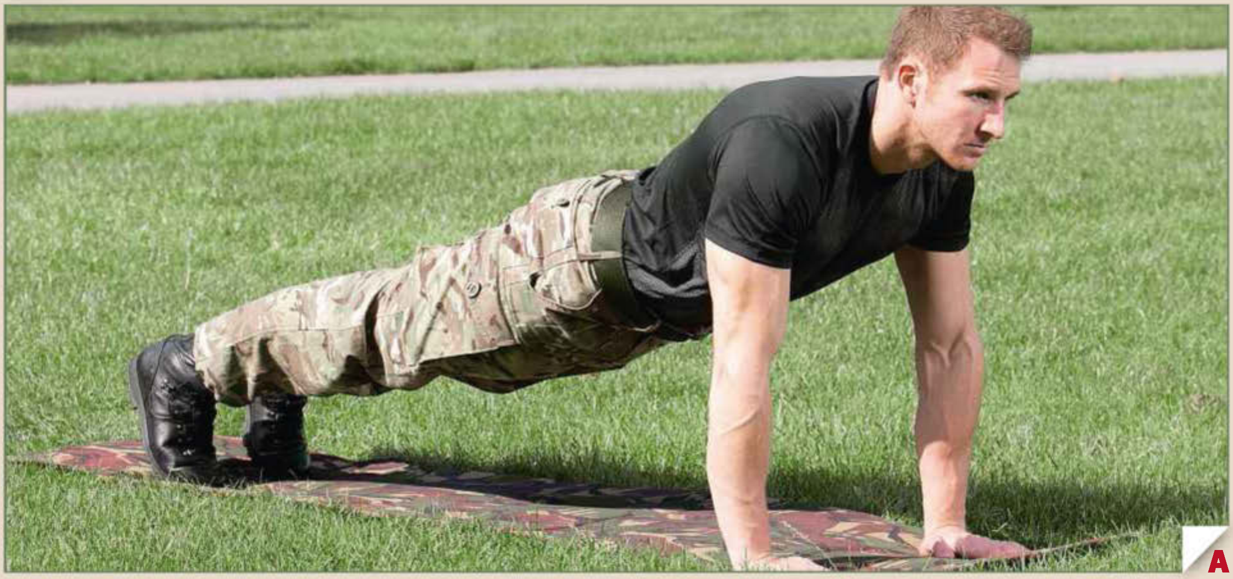
## DIAMOND PRESS-UP

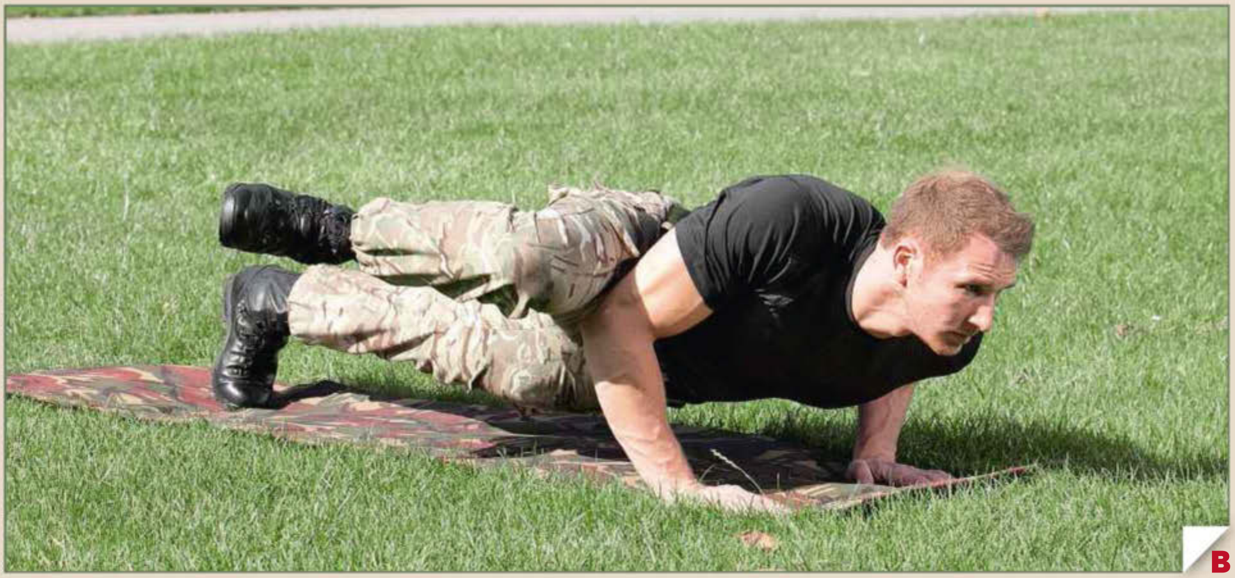




- Get into a press-up position and place your hands close together so your index fingers and thumbs form a diamond.
- With your body completely straight from heels to shoulders, lower your chest to just above the floor.
- Pause, then return to the start position by pressing down through your hands and straightening your arms.

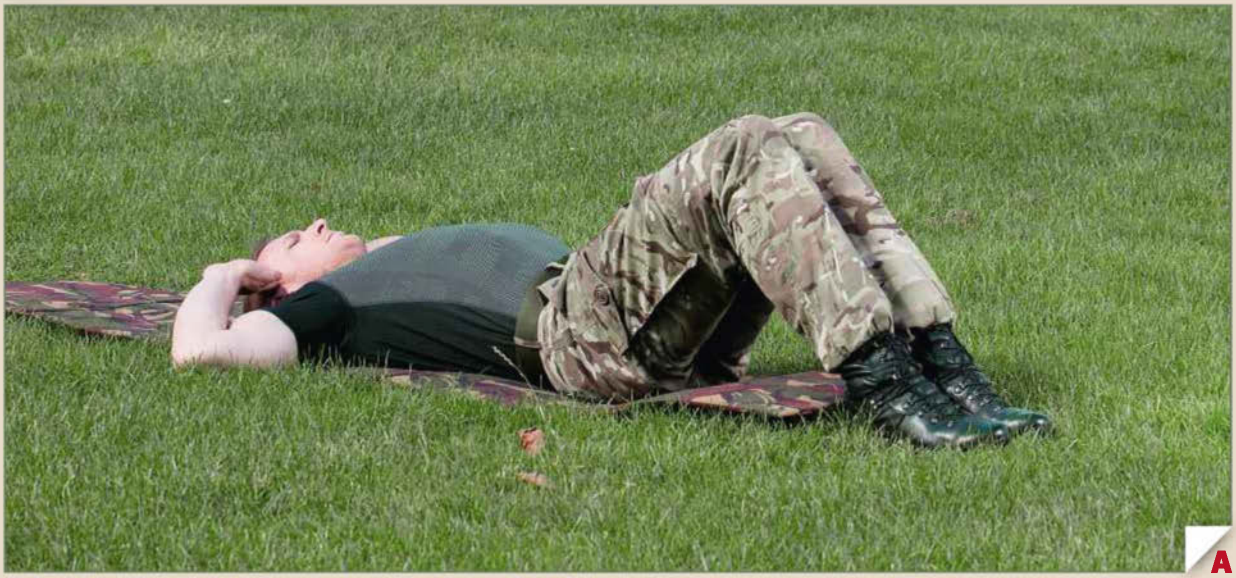
## SPIDER-MAN PRESS-UP





- Get into a press-up position with your hands just wider than shoulder-width apart and your body in a straight line.
- Lower yourself to the bottom phase, pulling one knee up and out to the side so that it almost touches your elbow.
- Repeat to the other side.

## SIT-UP



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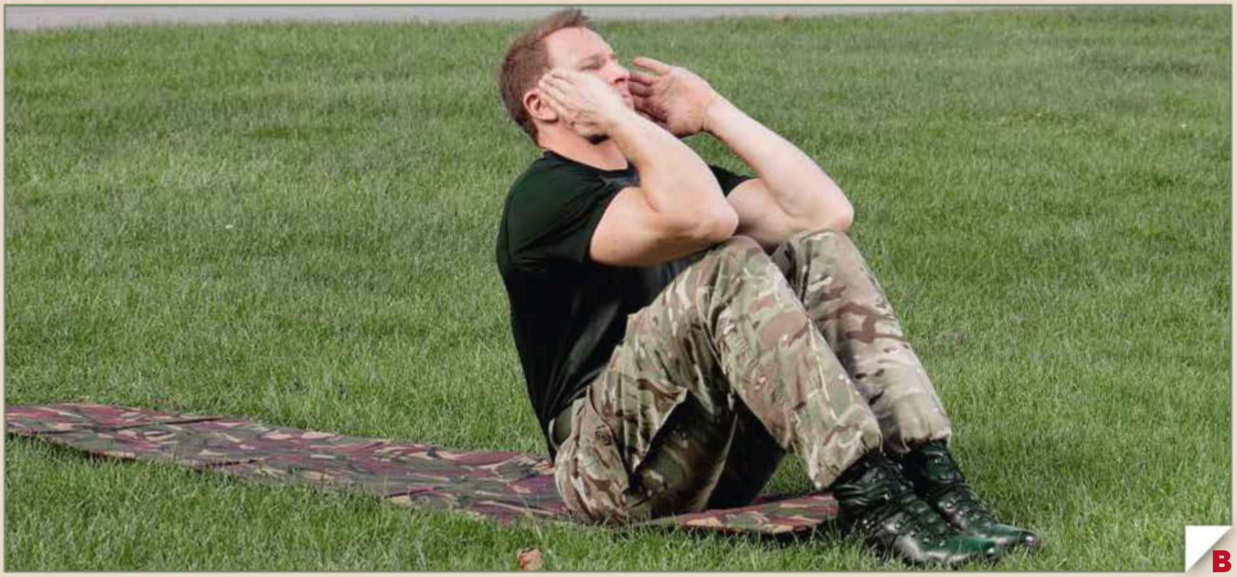
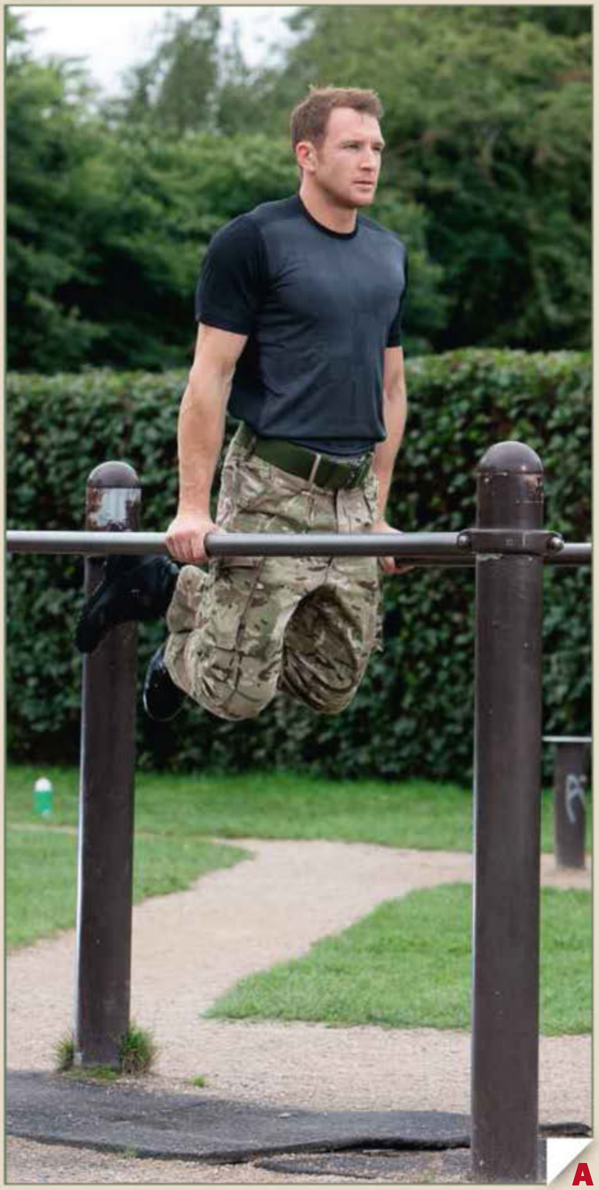


B

- Lie on the ground with your head and feet flat on the floor, your legs bent and your hands at your temples.
- Use your core to raise your torso from the ground until your elbows touch your knees.
- Lower back to the start position.

## DIP



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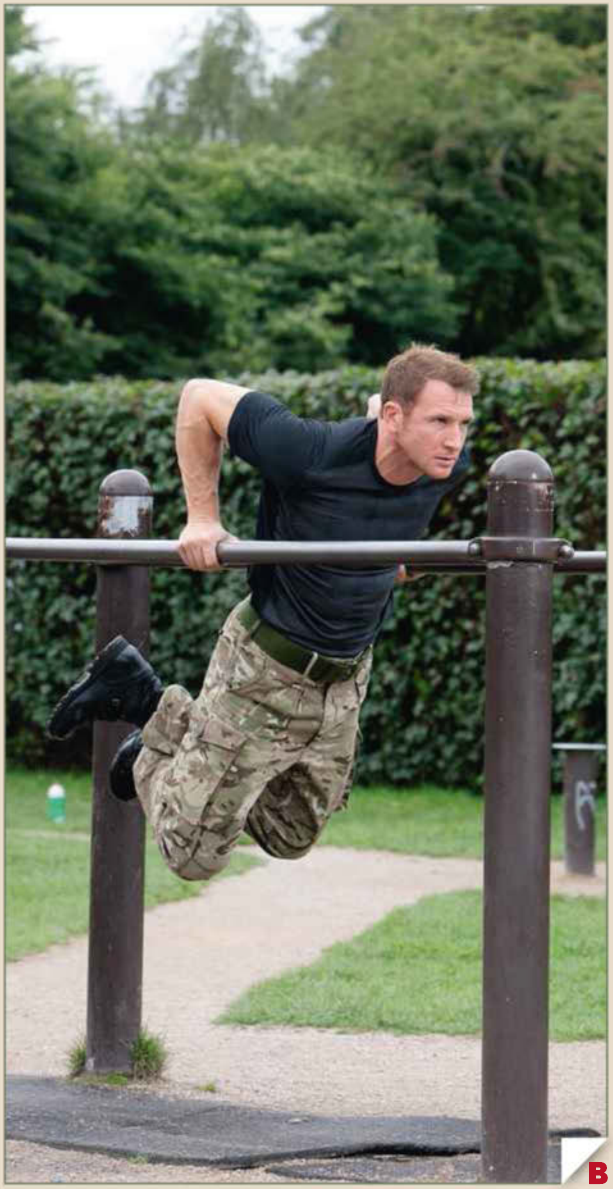
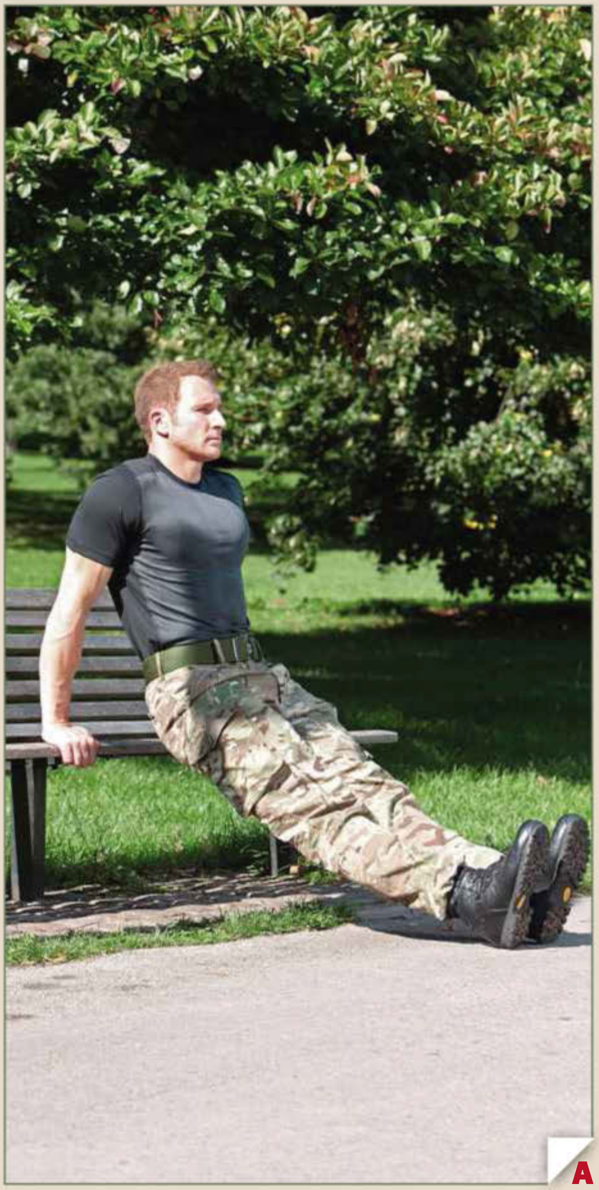


B

- Start with your arms straight and your shoulders directly above your hands, keeping your hips straight.
- Bend your legs, cross your ankles behind you and lower your body until your elbows are at 90°.
- Push your body back up until your arms are straight.

## BENCH DIP



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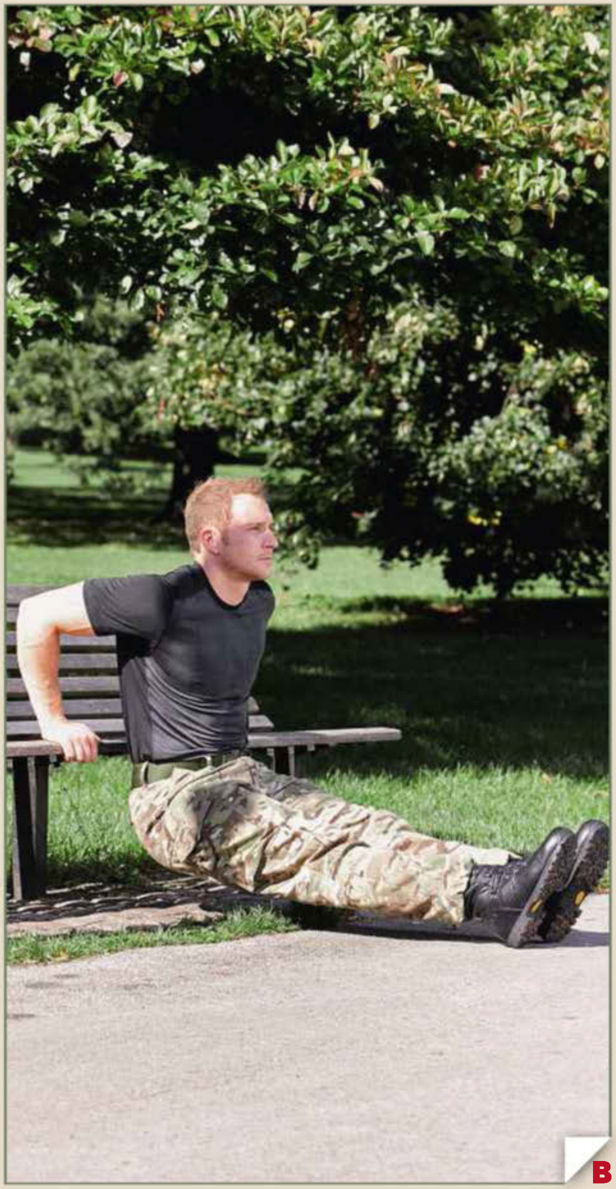
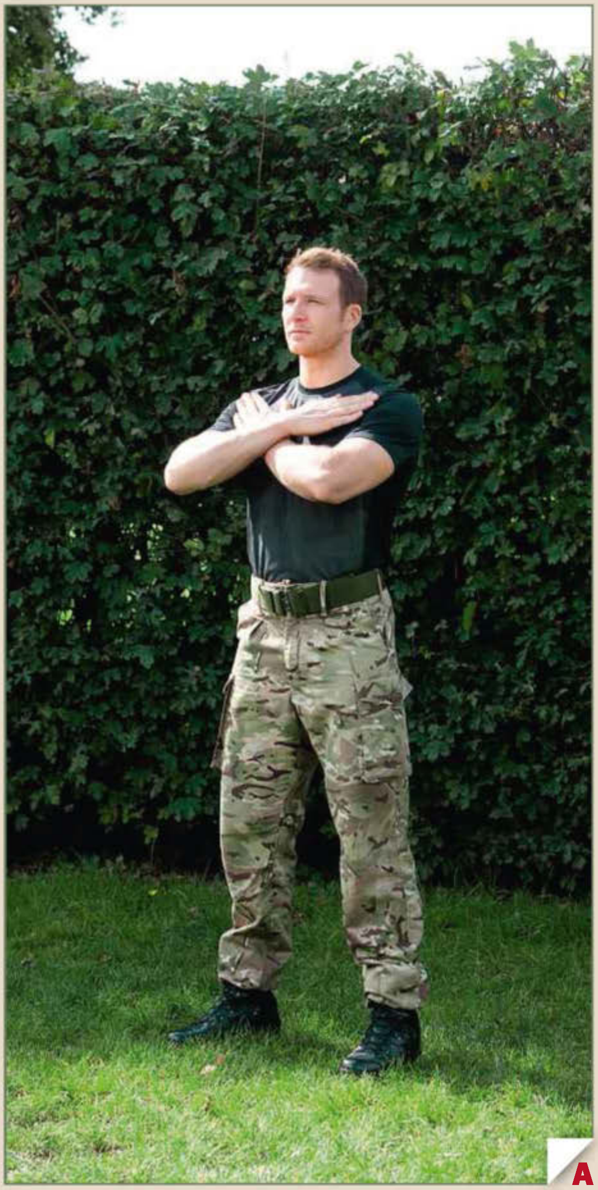


B

- Place your hands on the edge of a bench or box. Straighten your arms and position heels away from you with legs straight.
- Lower your body under control by bending your arms until your elbows are at 90°.
- Raise your body back to the start by pushing through your hands.

## BODYWEIGHT SQUAT



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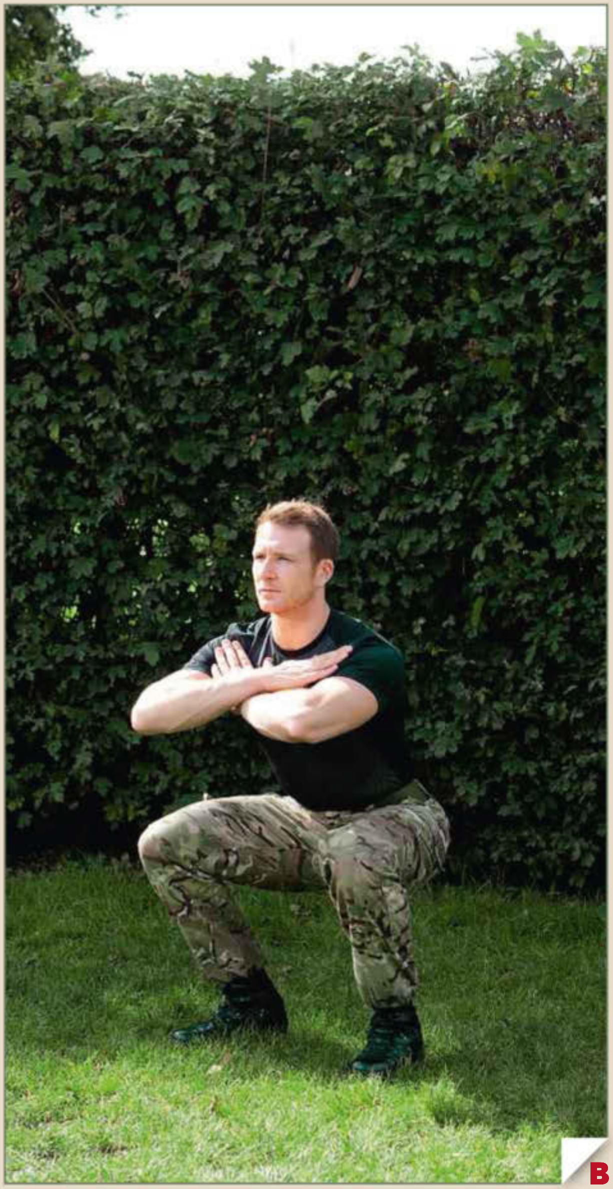
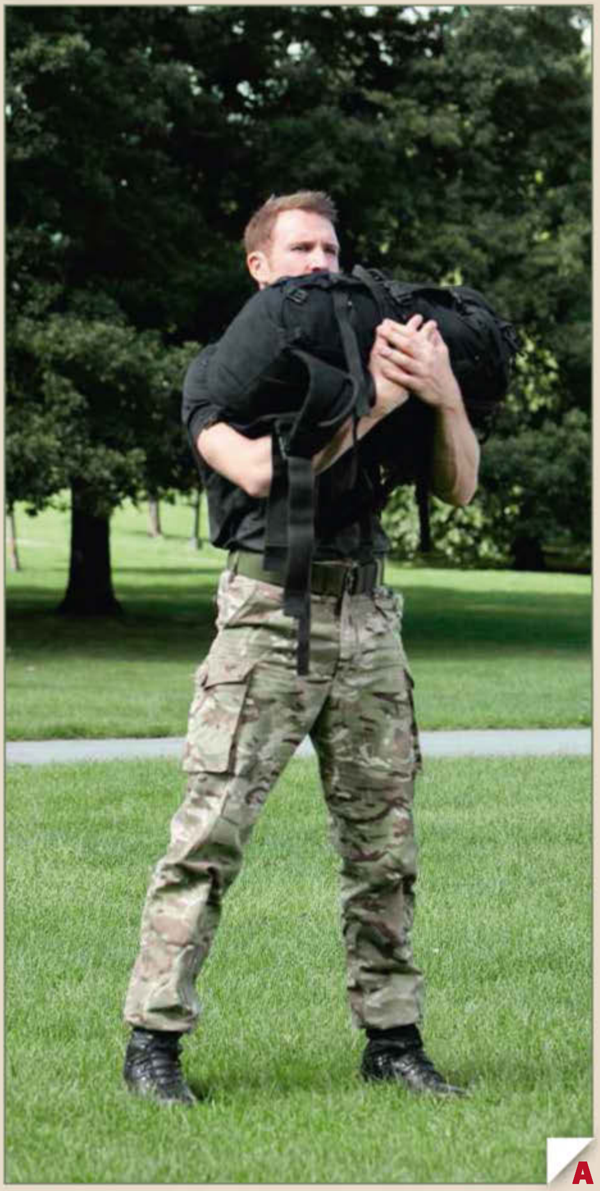


B

- Stand with your feet shoulder-width apart and your arms across your chest.
- Squat by bending your knees forward. Keep your back straight and your knees pointing in the same direction as your feet.
- Lower until your thighs are at least horizontal, then return to the start by pushing through your heels and straightening your legs.

## FRONT SQUAT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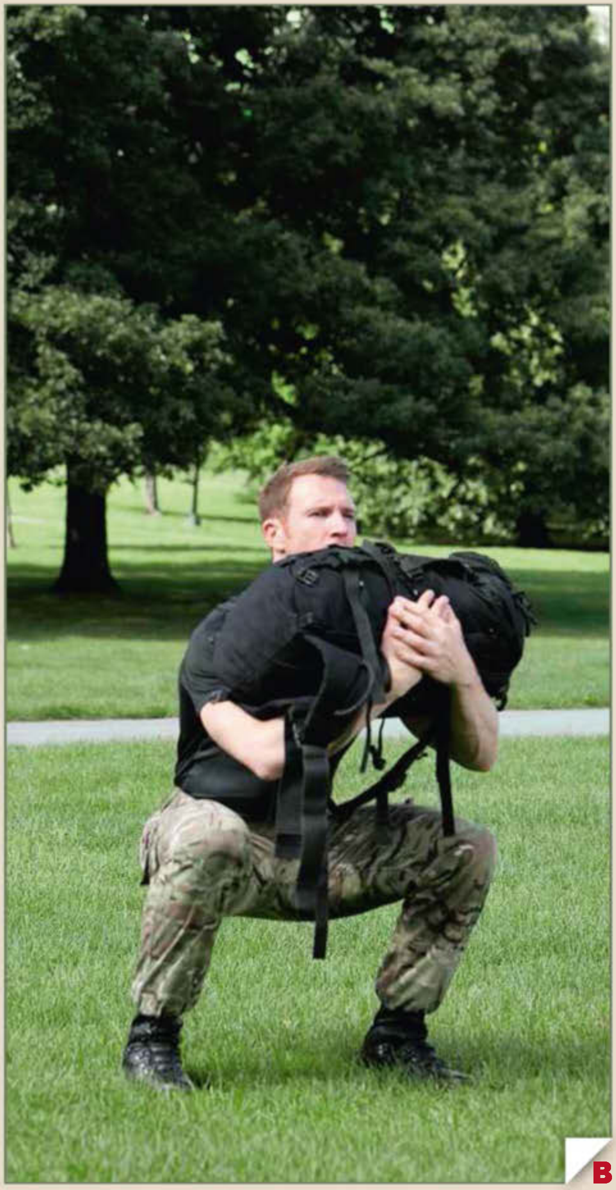
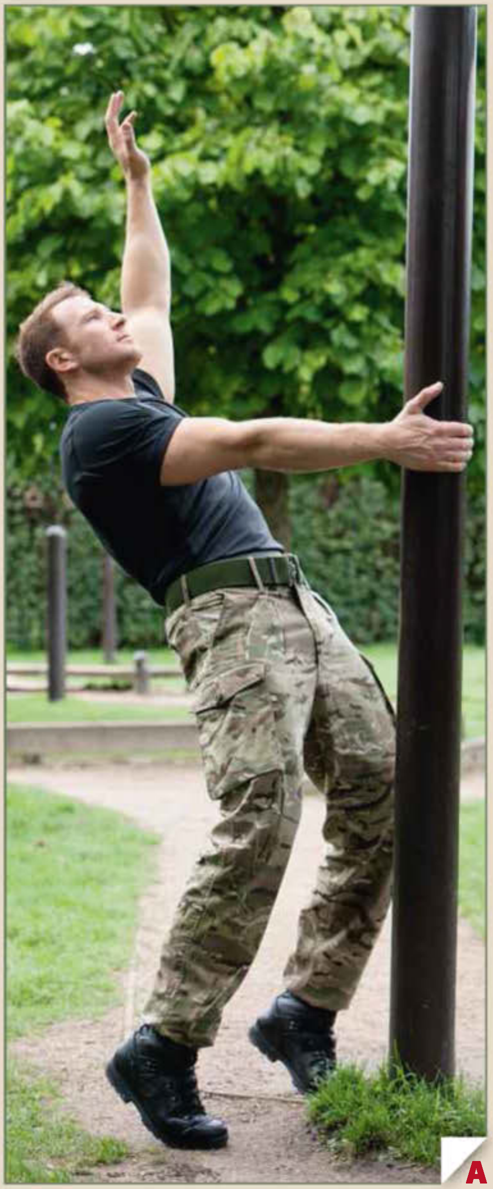
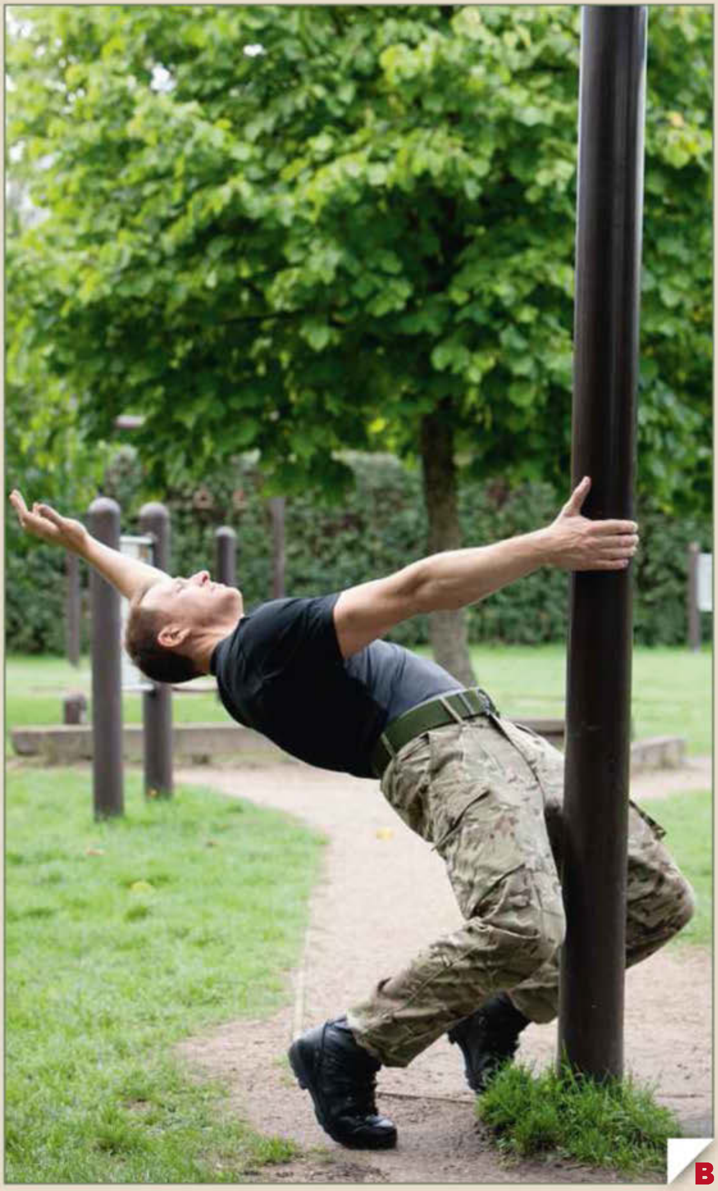

B

- Stand with your feet just wider than shoulder-width apart cradling a backpack in your arms.
- Squat by bending your knees forward, keeping your back straight and your knees pointing in the same direction as your feet.
- Lower until your thighs are at least horizontal, then return to the start by pushing through your heels and straightening your legs.

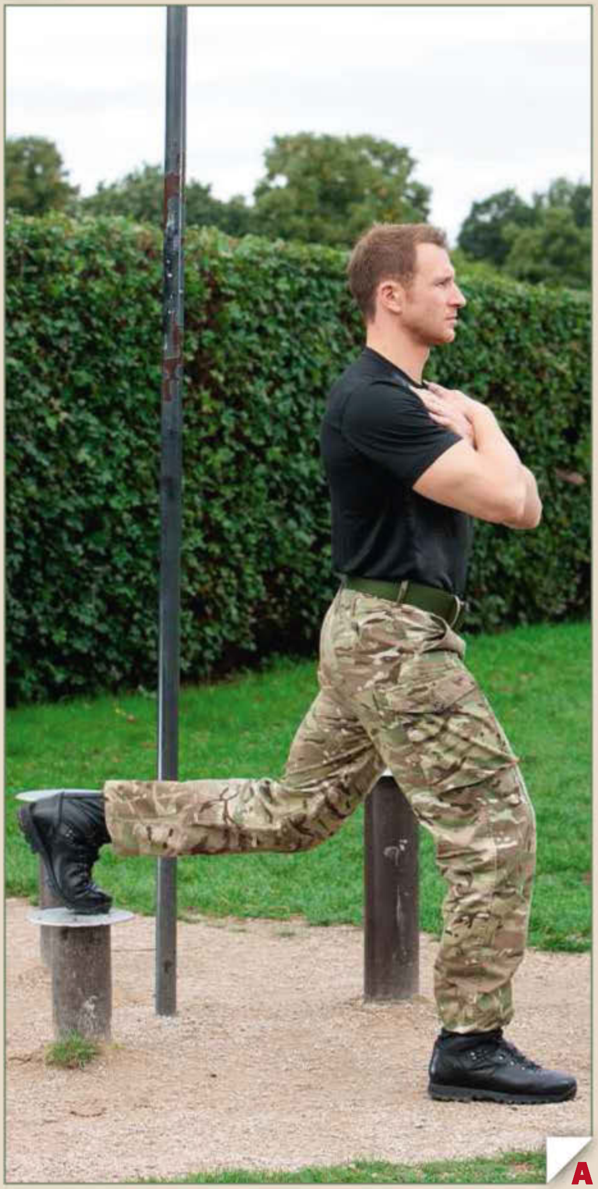
## SISSY SQUAT





- Stand with your feet shoulder-width apart, holding a bar or support with one arm.
- Keeping your hips and waist straight, bend your knees and allow your body to fall slowly backwards as your knees come forward.
- Allow your heels to rise from the floor and lower yourself until there's a bend of at least 90° in your knees. Then return to the start.

## SPLIT SQUAT



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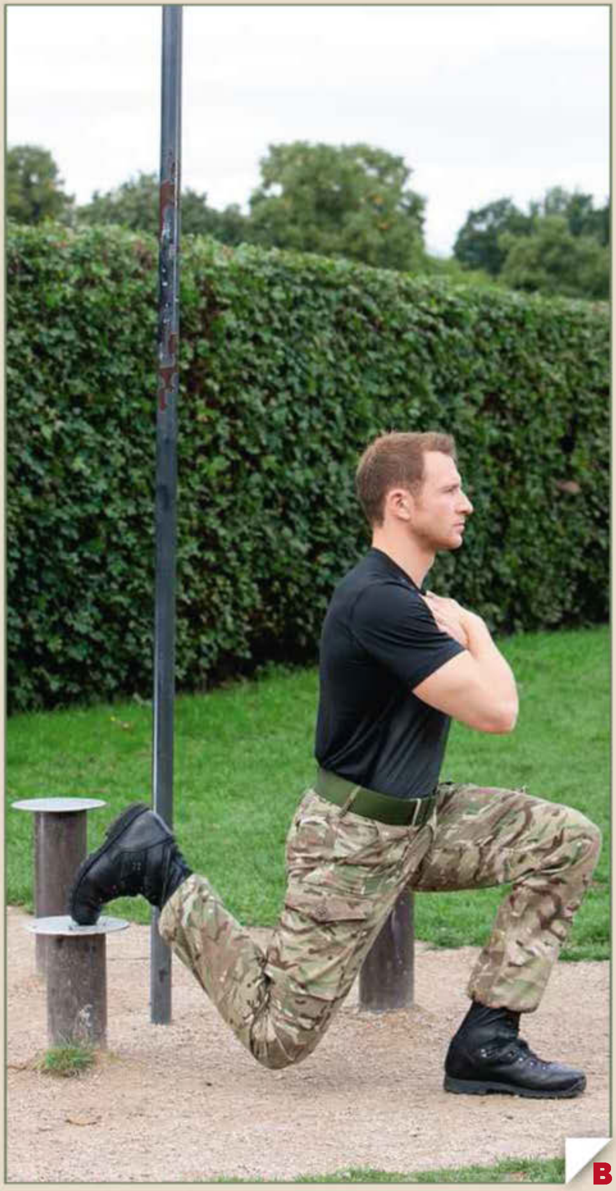
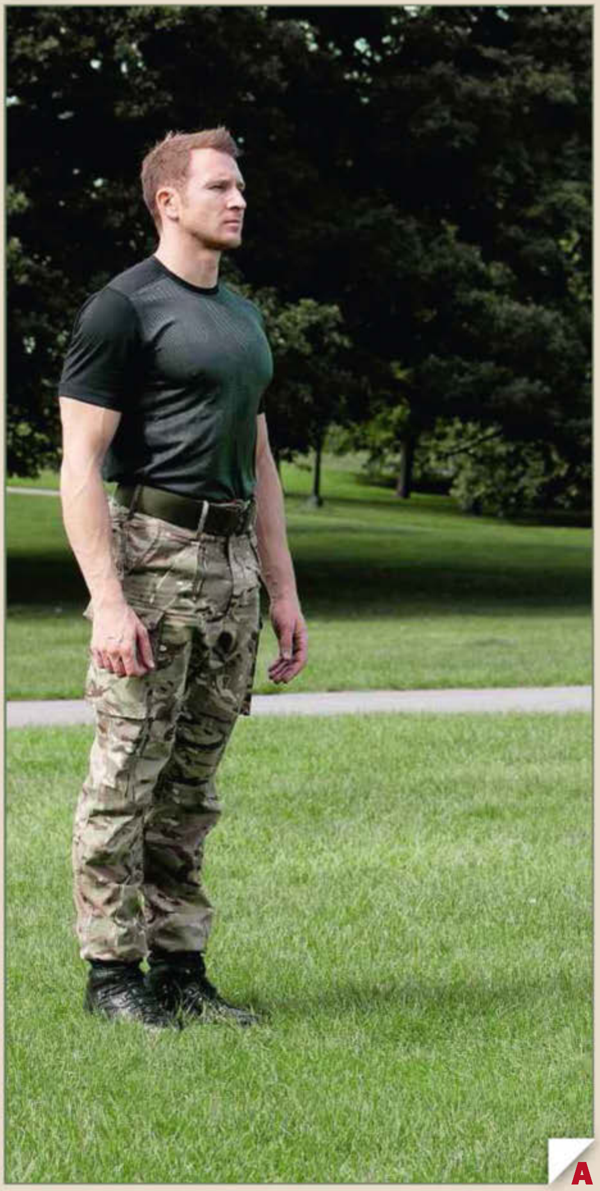
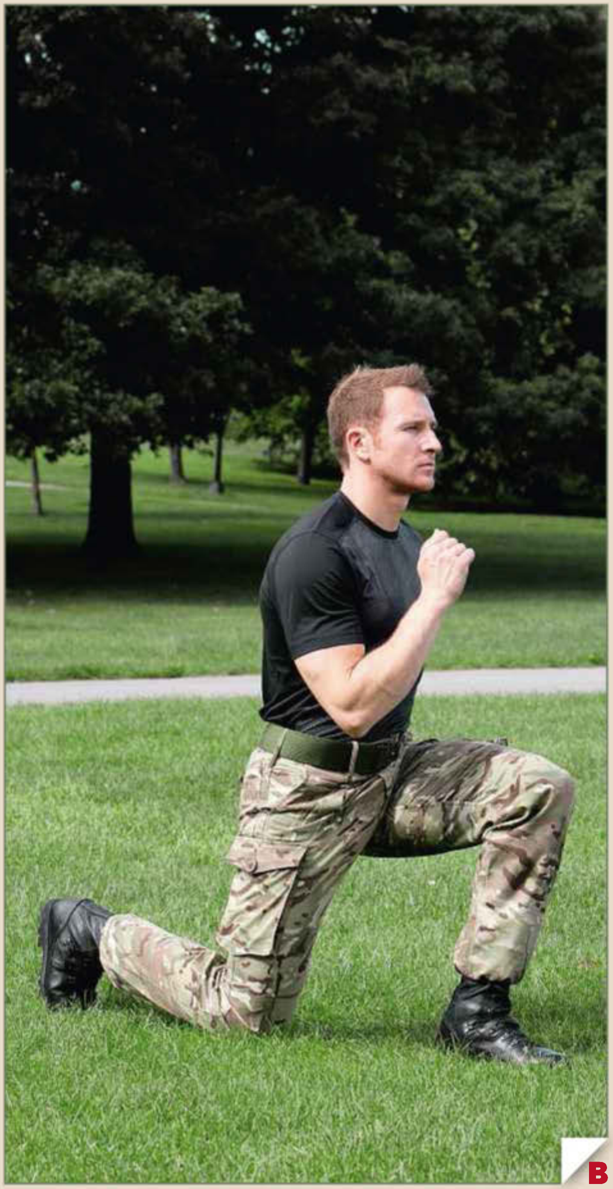


B

- Stand with the toes of one foot on a box, bench or post about a metre behind you.
- Keep your body upright and core tight.
- Squat down on your front leg until your rear knee is around 3cm from the floor.
- Pause, then drive through your front leg to return to the top position.
- Complete all your reps on one side and then repeat on the opposite leg.

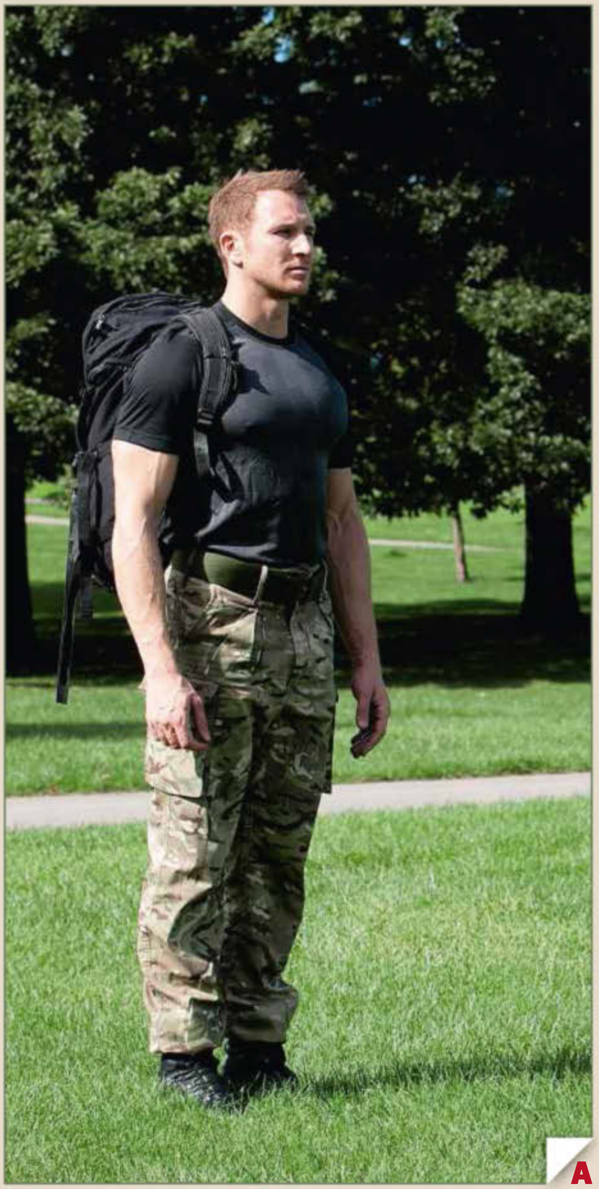
## WALKING LUNGE





- From a standing position, take a large step forward and squat down on your front leg, keeping your body upright and taking your rear knee to just above the floor.
- Push through your front leg and let your rear leg step through. At the bottom of the move, don't let your front knee go ahead of your front foot.
- Repeat the move with the opposite leg.

## WALKING LUNGE WITH BACKPACK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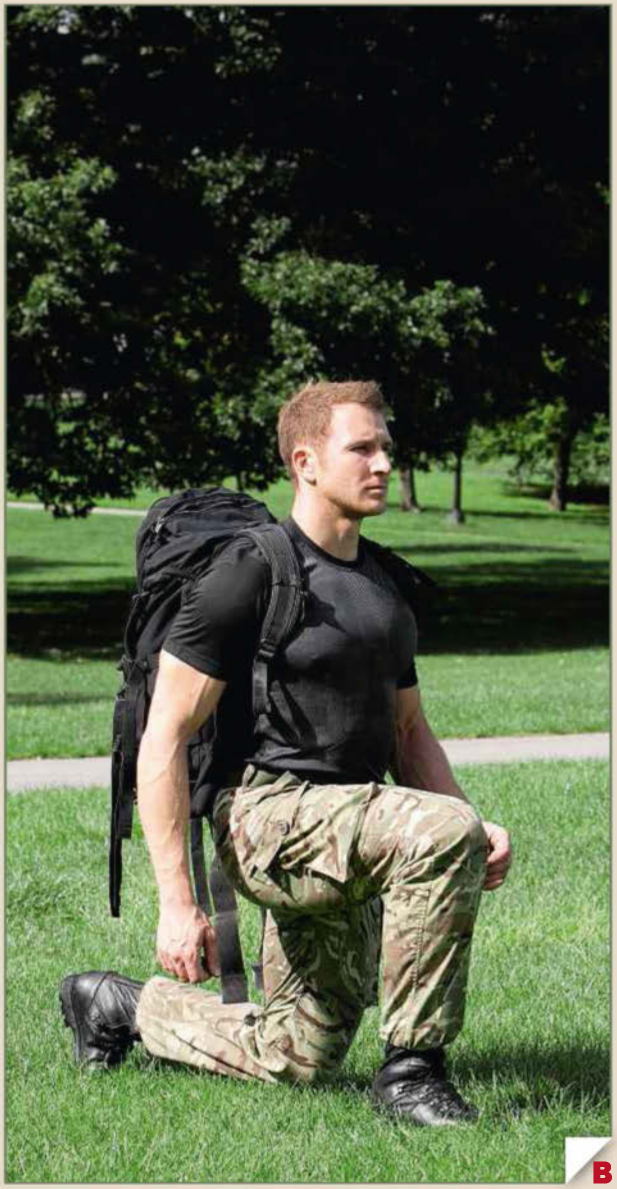
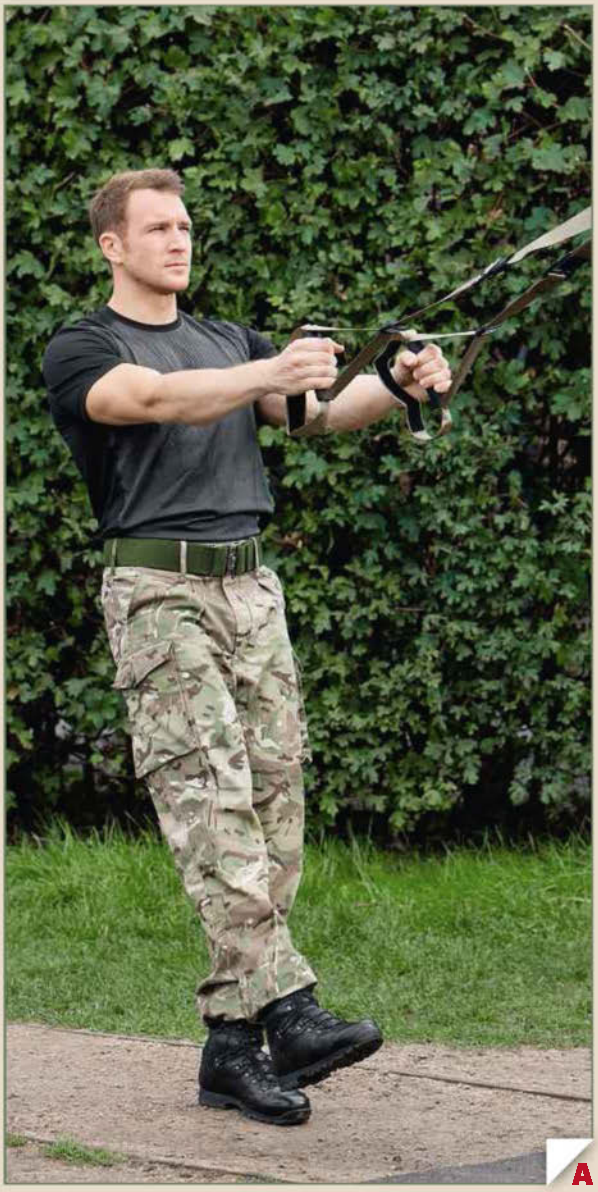
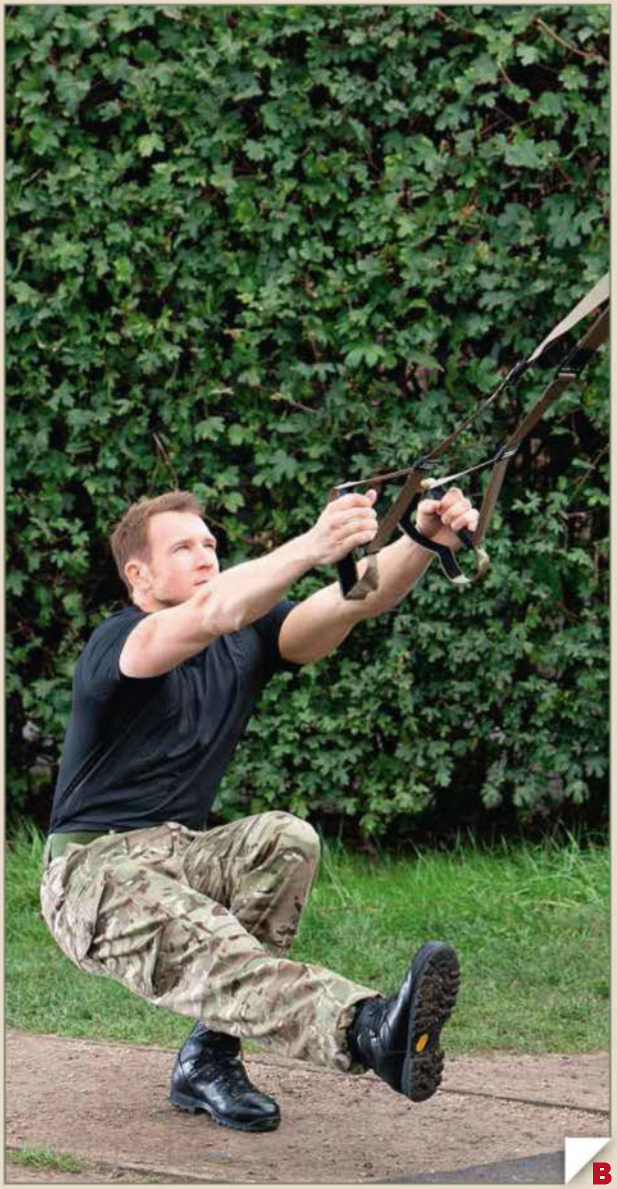

B

- Stand wearing a backpack containing the weight specified in the workout.
- Take a large step forward and squat down on your front leg, keeping your body upright and taking your rear knee to just above the floor.
- Push through your front leg and let your rear leg step through.
- Repeat the move on the opposite leg.

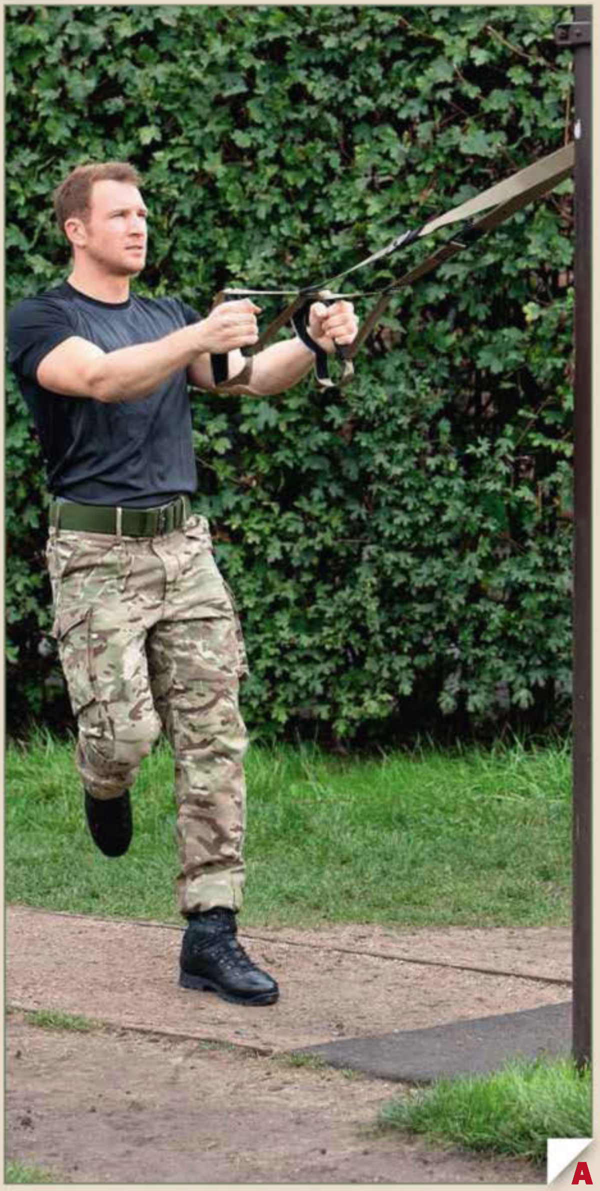
## TRX PISTOL SQUAT





- Holding the TRX straps with your arms slightly bent, stand on one leg, holding the other slightly forward.
- Squat down on your standing leg, allowing the other leg to rise (while keeping it almost straight) so that it's parallel with the floor at the lowest point of the squat.
- Drive through the foot of the standing leg to return to the start position.

## TRX CURTSY SQUAT



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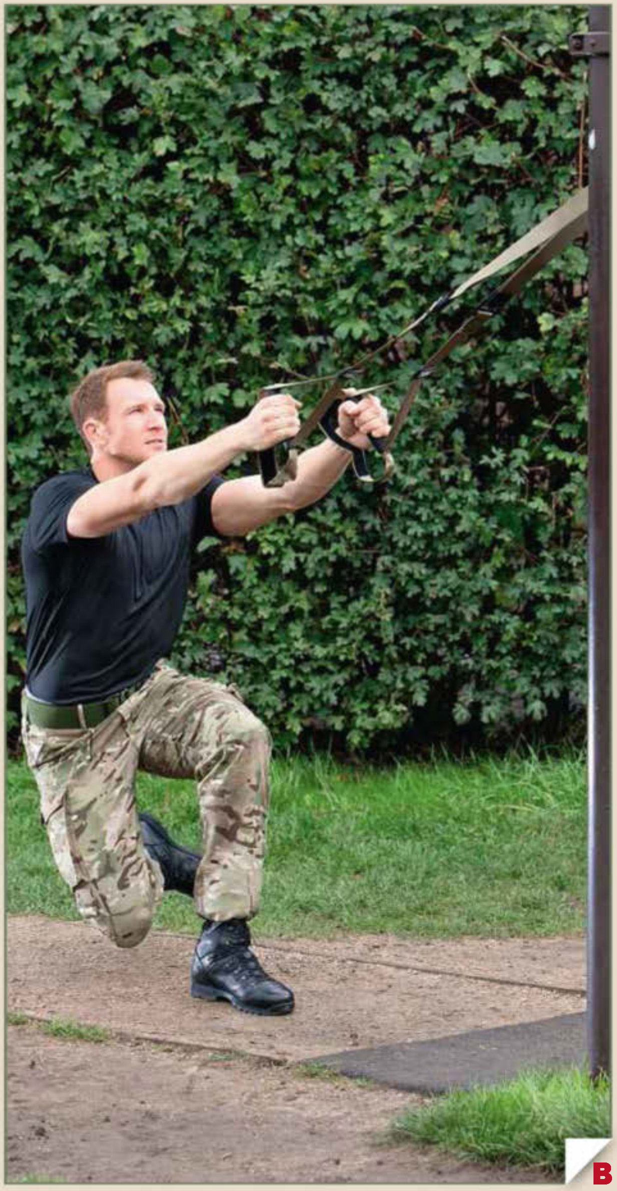
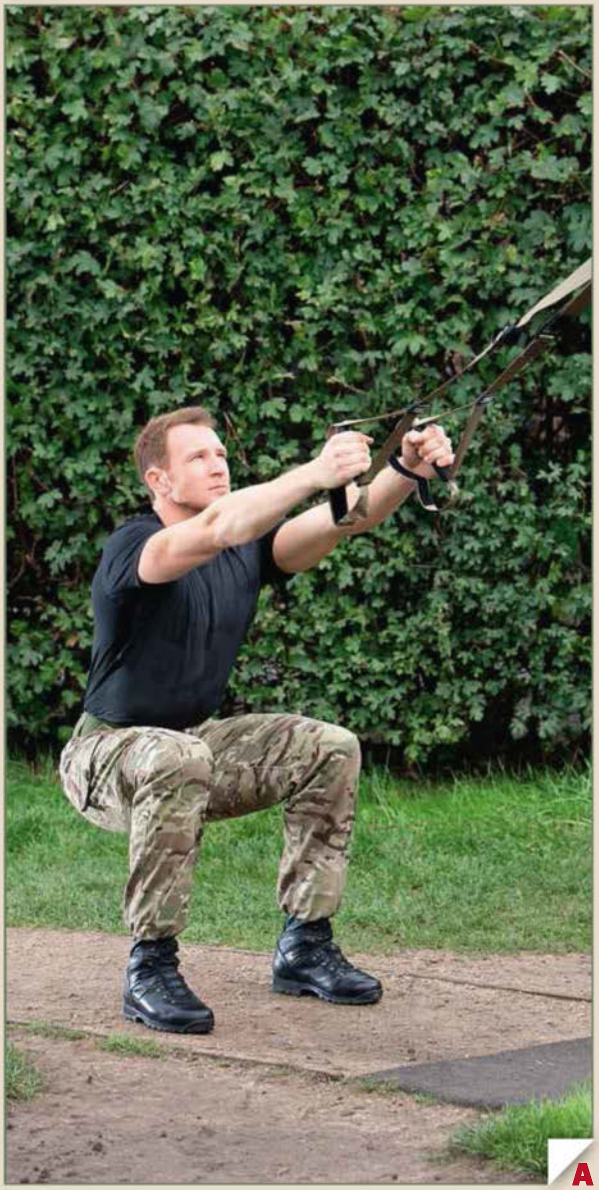


B

- Holding the TRX straps with your arms slightly bent, stand on one leg with the other leg slightly behind you, tucked under your backside.
- Squat down on your standing leg, lifting your opposite foot so that the lower half of the leg is parallel to the floor at the lowest point of the squat.
- Drive down through the foot of your standing leg to return to the start position.

## TRX JUMP SQUAT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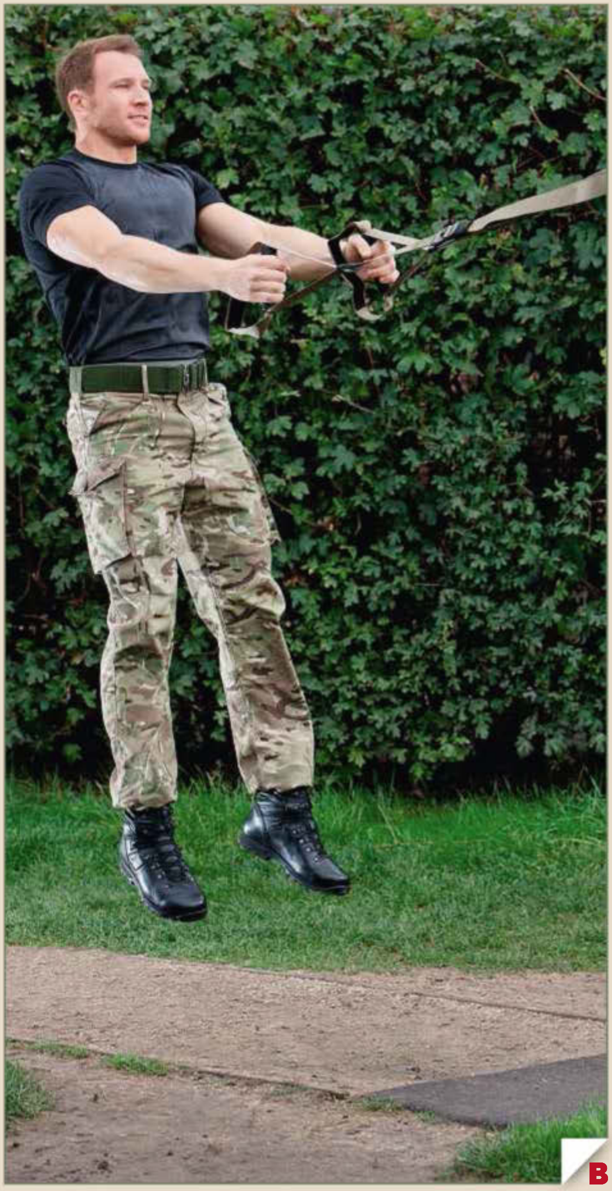
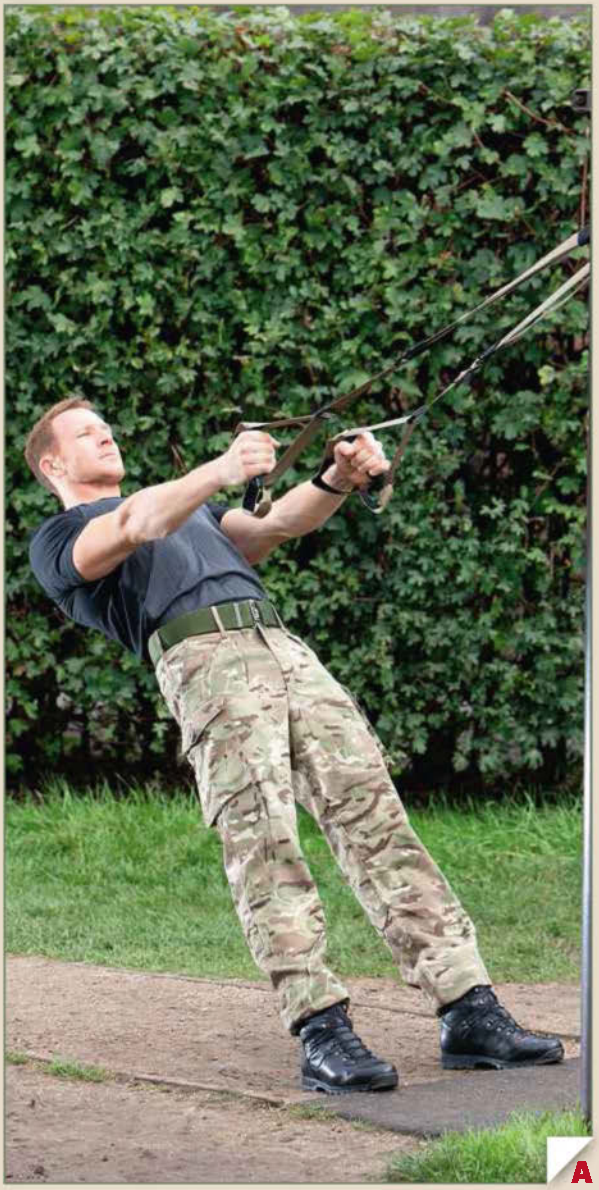
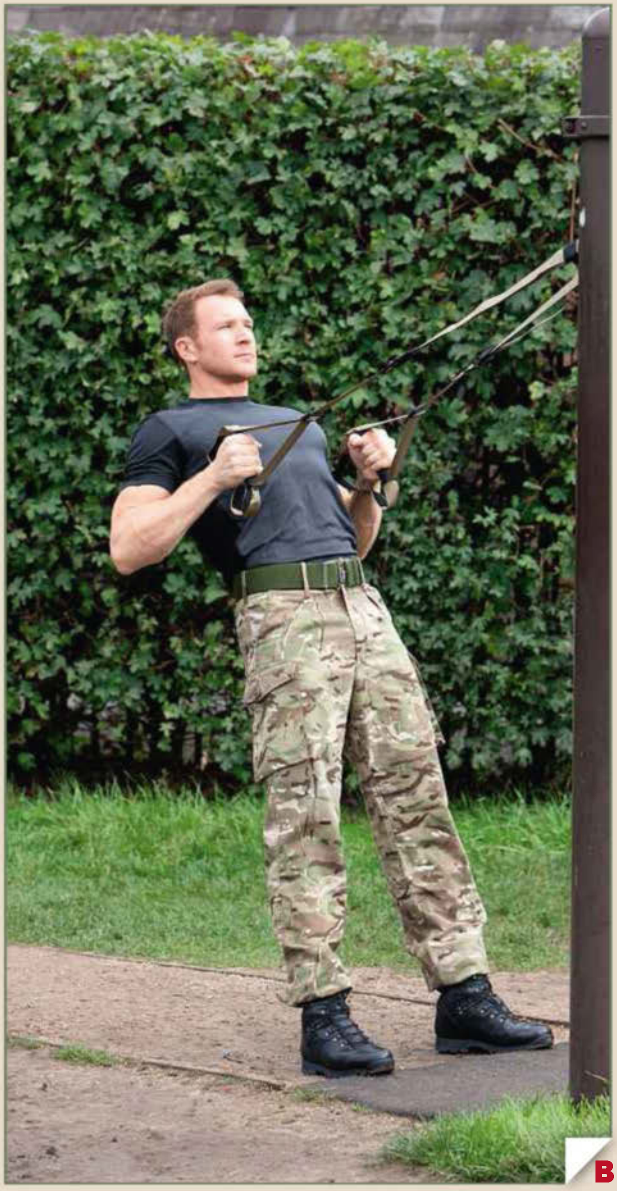

B

- Holding the handles of the TRX with your elbows very slightly bent and your feet shoulder width apart, squat down until your knees are at least 90˚.
- Explode into a jump as high as possible.
- As your feet return to the floor, soften your knees and lower under control into a squat, then repeat.

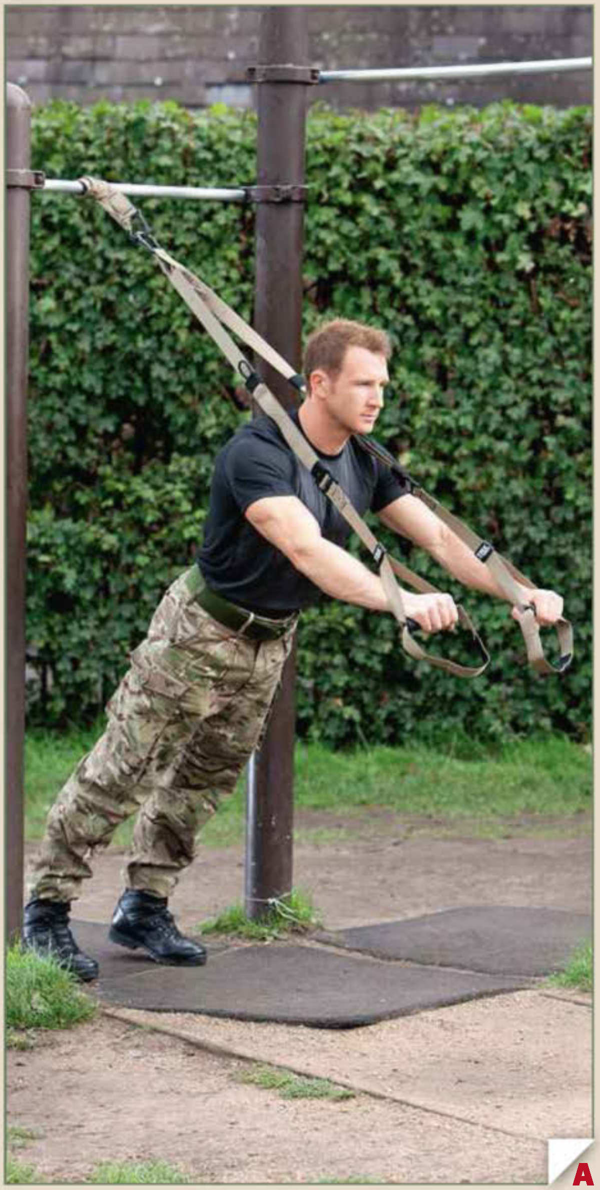
## TRX INVERTED ROW





- Hold the TRX taut in front of you, with straight arms and feet shoulder-width apart, then step your feet forward until your body is around 45˚ to the floor.
- Pull your body up powerfully until the handles are to either side of your chest and your arms are bent.
- Pause, then lower yourself under control, keeping your body straight and your feet in the same position throughout the move.

## TRX FLYE



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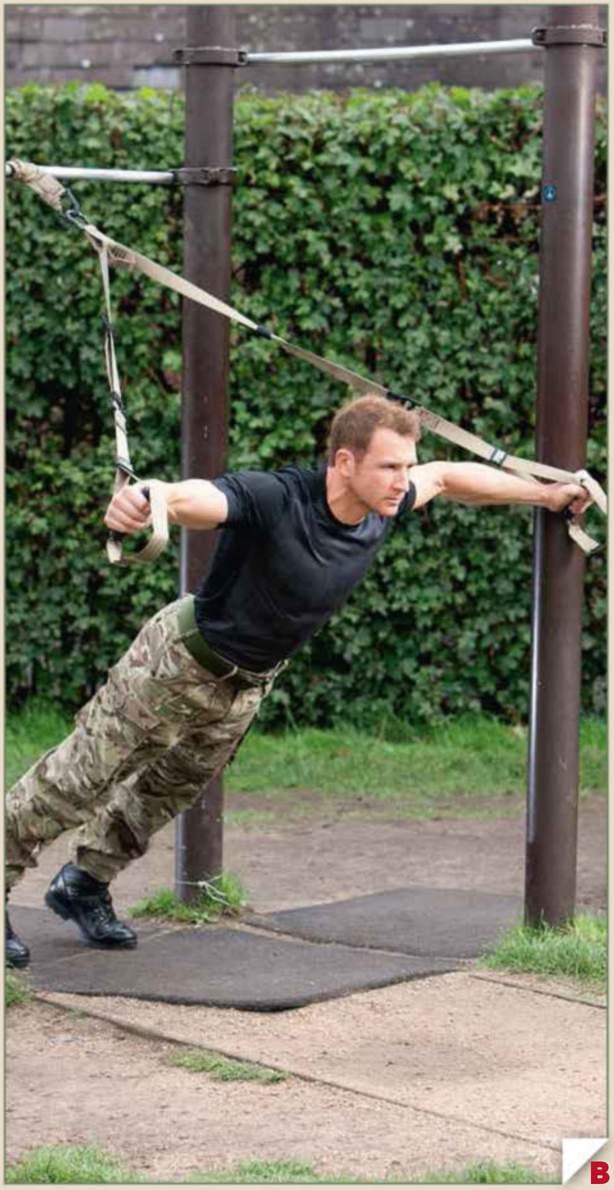
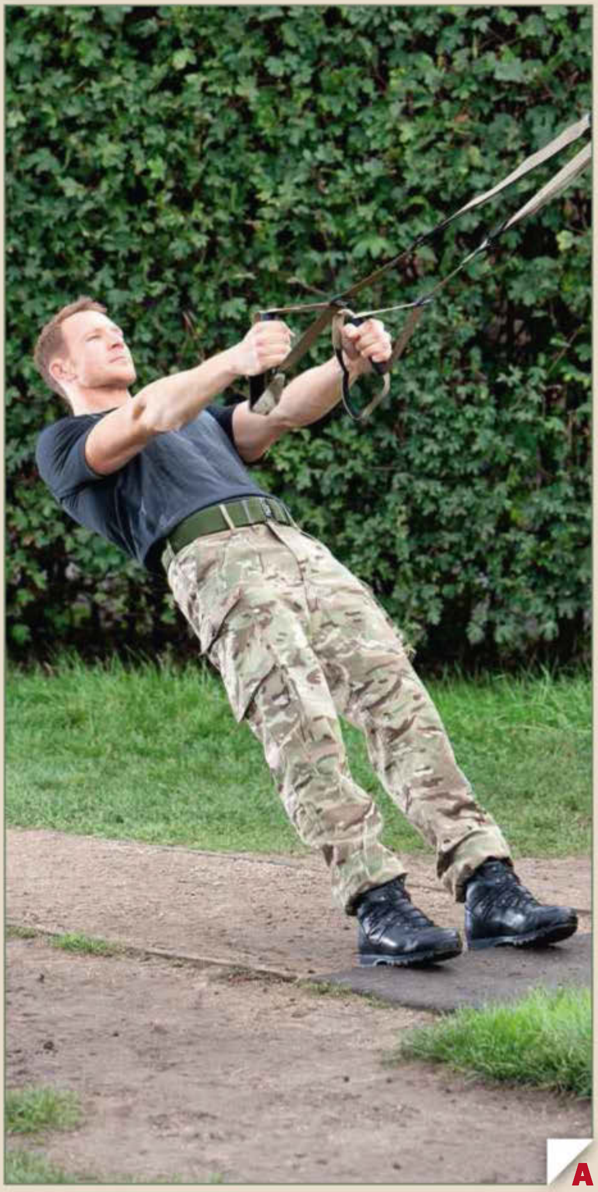


B

- Stand with your feet shoulder-width apart and the TRX handles held out ahead of you just wider than shoulder-width apart.
- Lower your body towards the floor by pushing your arms forward.
- Keeping your body in a straight line, push the TRX handles out until your arms are in line with your shoulders.
- Draw your arms in to return to the start.

## TRX REVERSE FLYE



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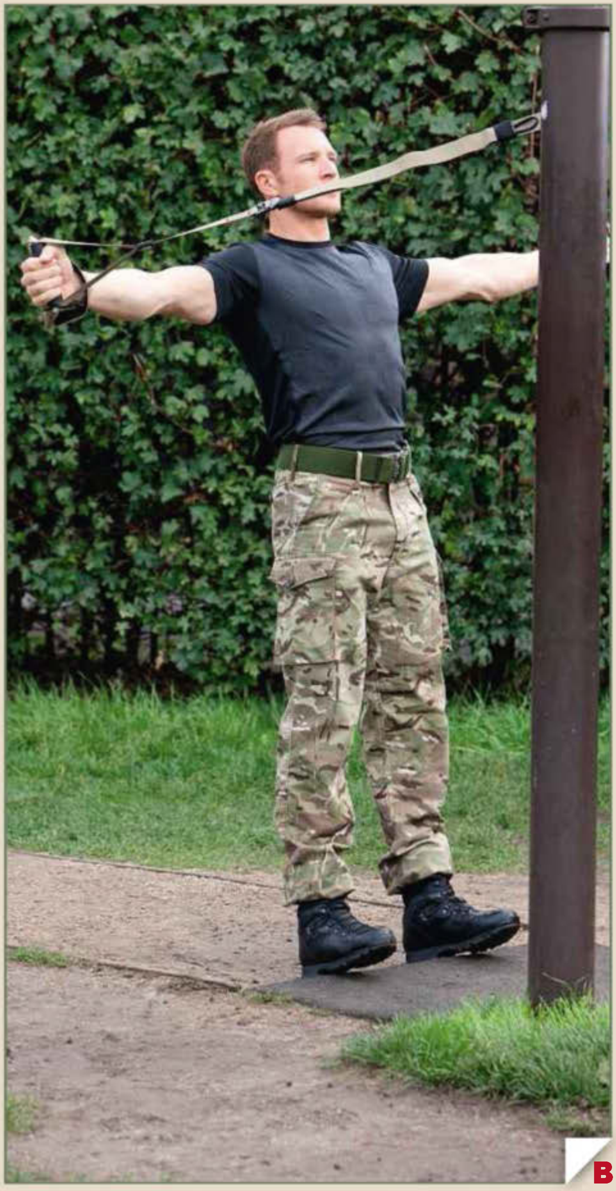
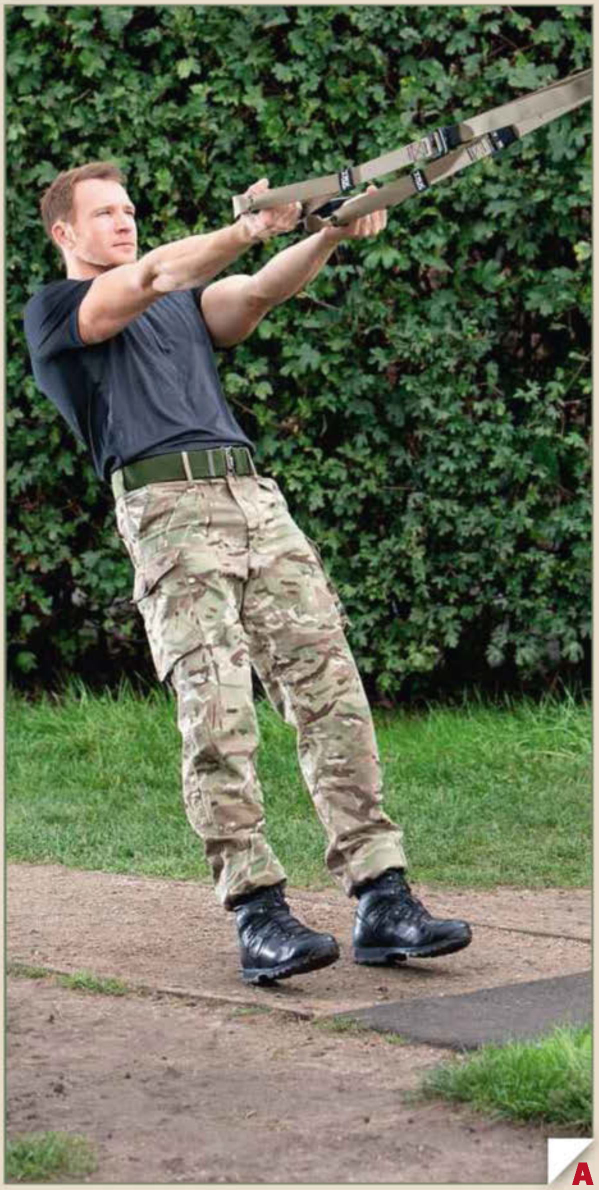


B

- Get into the same start position as you would for the TRX inverted row (see p134).
- Keeping your arms slightly bent, perform a reverse flye to pull your body upwards, ensuring that your core is tight and your body remains straight.
- Once your arms are at about 20° to your body, lower slowly back to the start.

## TRX BICEPS CURL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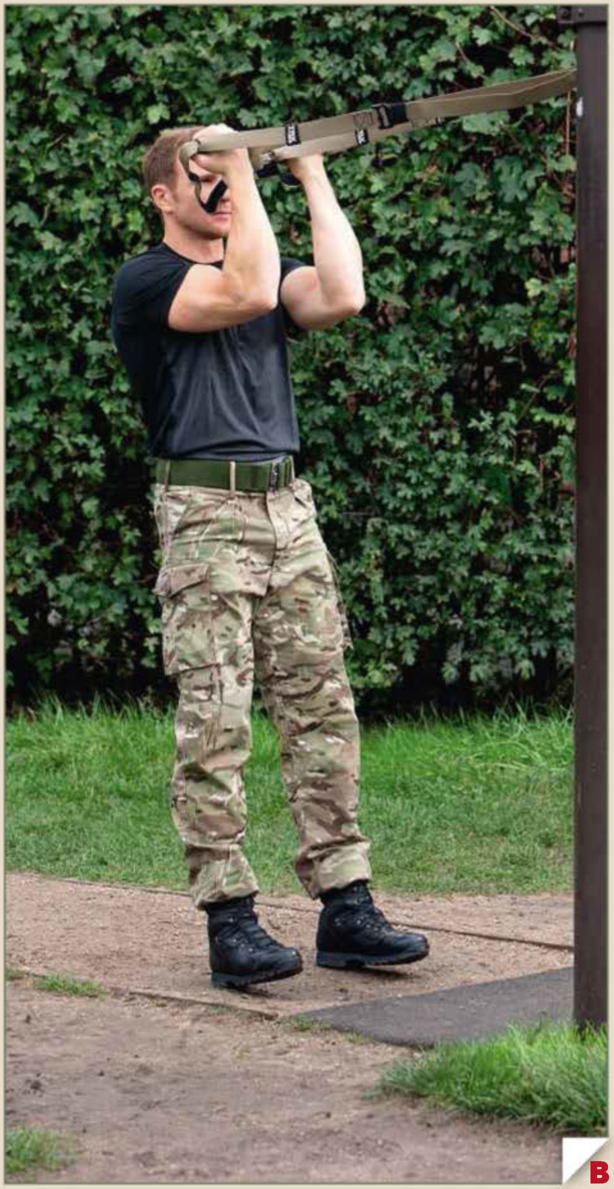
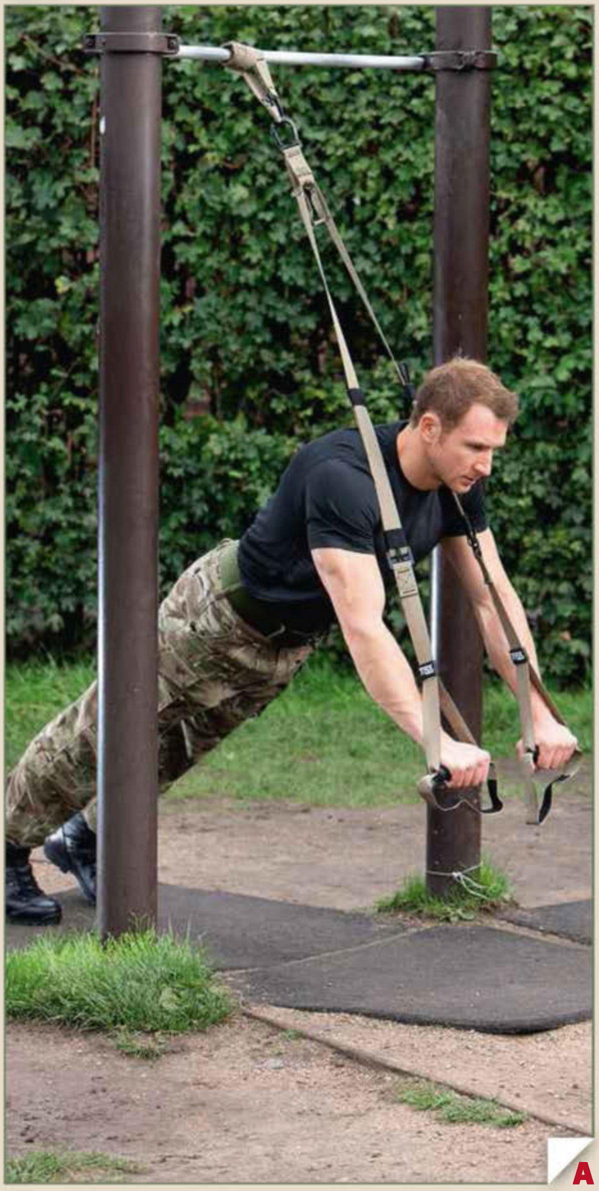

B

- Stand with your feet shoulder-width apart, holding the TRX handles in front of you with palms facing up and your hands also shoulder-width apart.
- Lean back so that you're on your heels slightly, keeping your body straight from head to heels.
- Pull your hands towards your face by bending your arms. When your forearms are parallel to the floor, return to the start.

## TRX SUPERMAN



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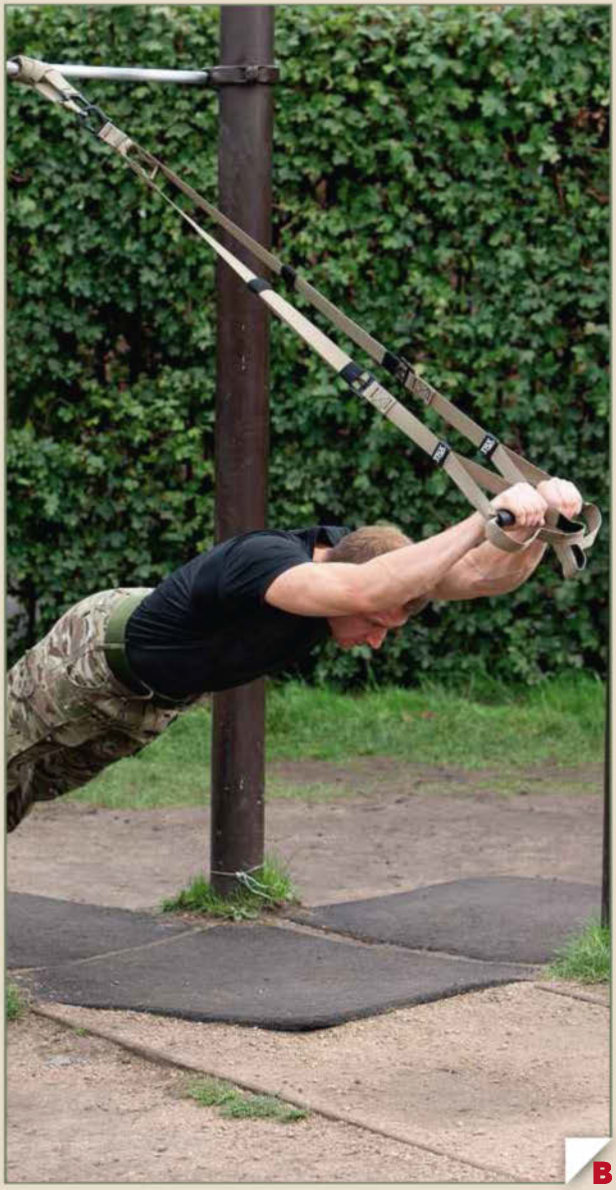
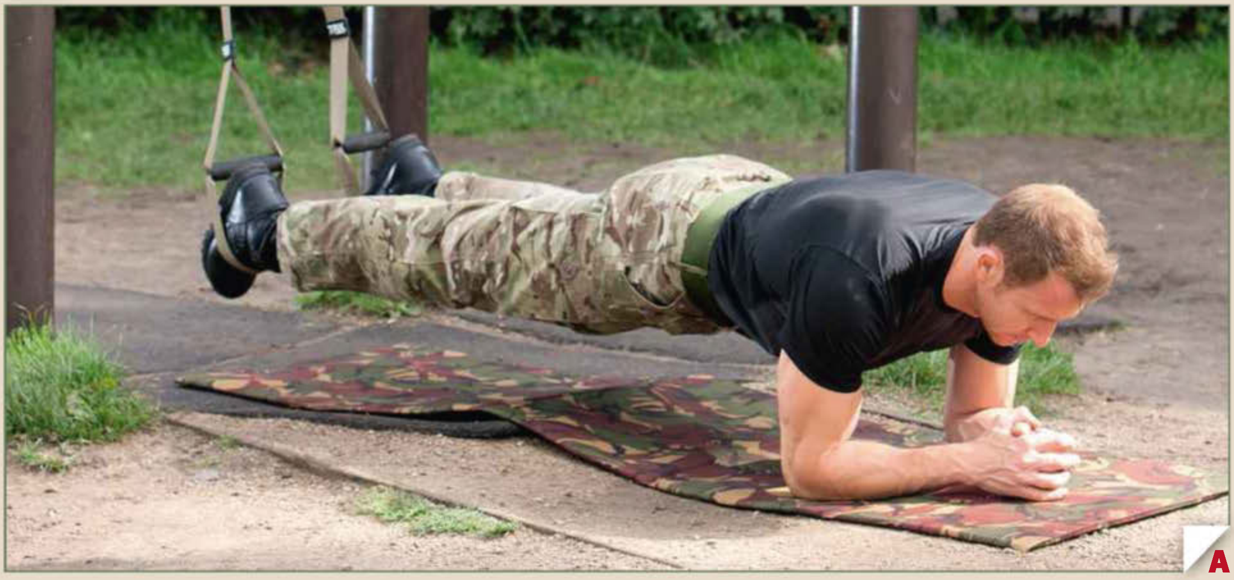


B

- Hold TRX handles with an overhand grip, feet shoulder-width apart. Extend your arms and lean forward until your body is at 45° to the floor.
- From this position, raise your arms, getting your body as close to the floor as you can. Keep your arms and body straight.
- Return the start position by pulling your arms back down.

## TRX PLANK SAW



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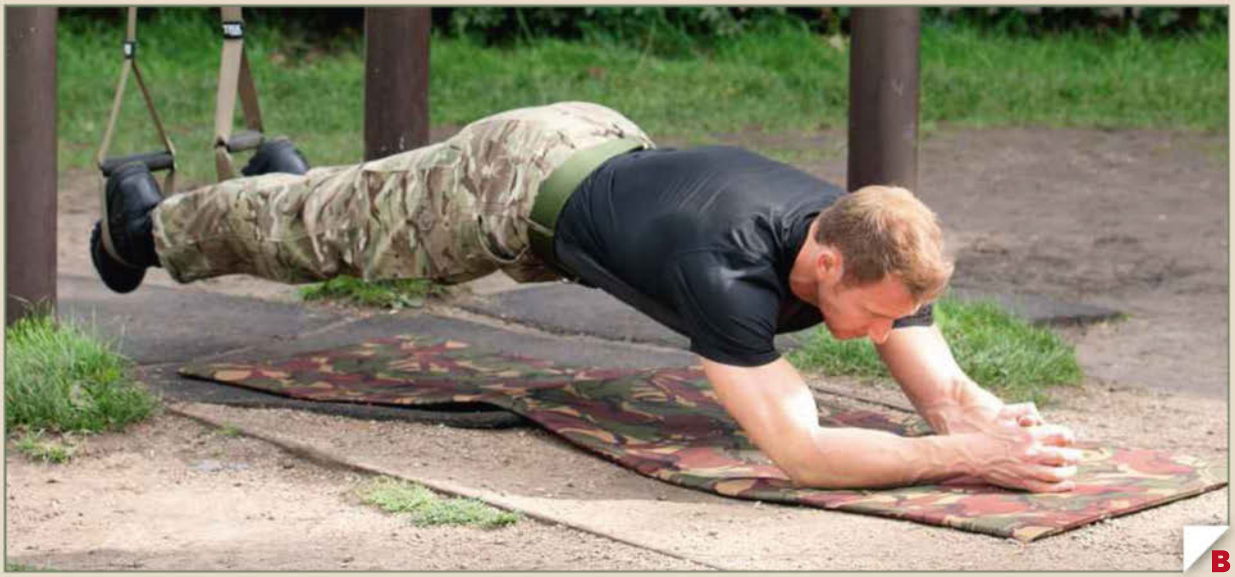
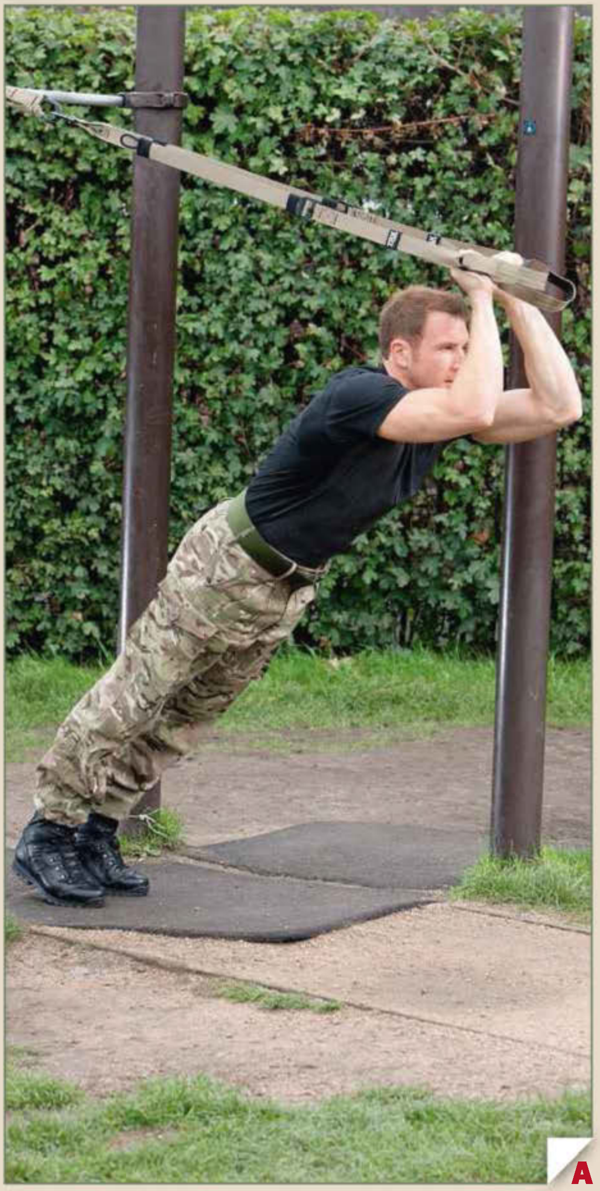
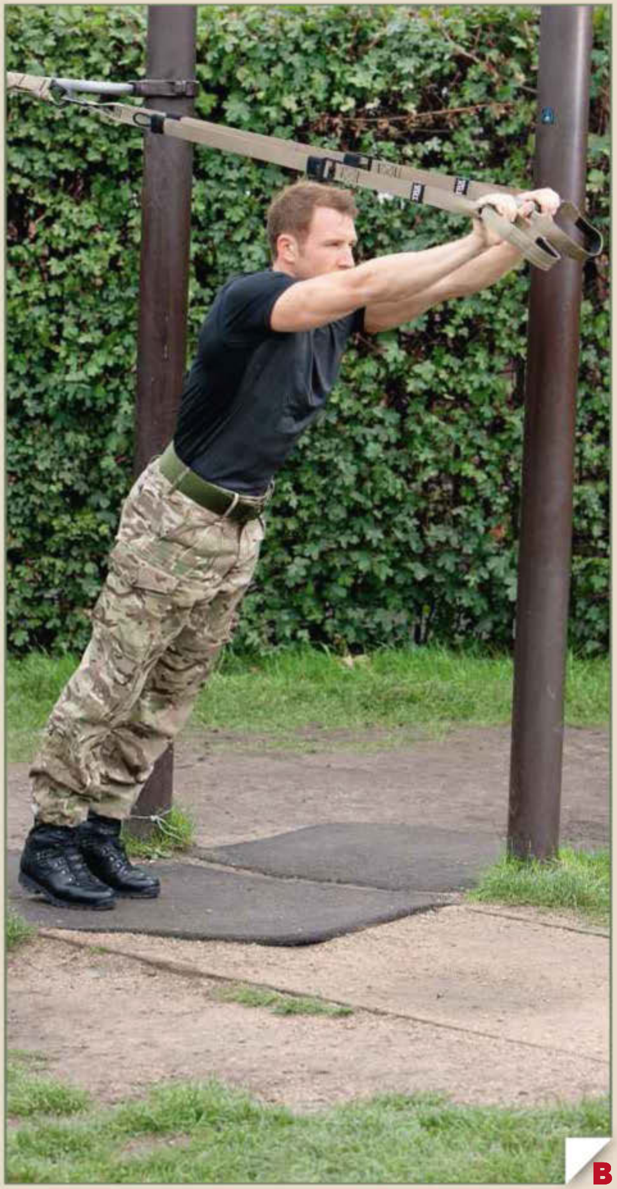


B

- With your feet in the TRX stirrups, get into the plank position.
- Keeping your heels, knees, hips and shoulders in line, straighten your arms until your nose is level with your elbows and drive your feet backwards.
- Return to the start position under control, keeping your body straight.

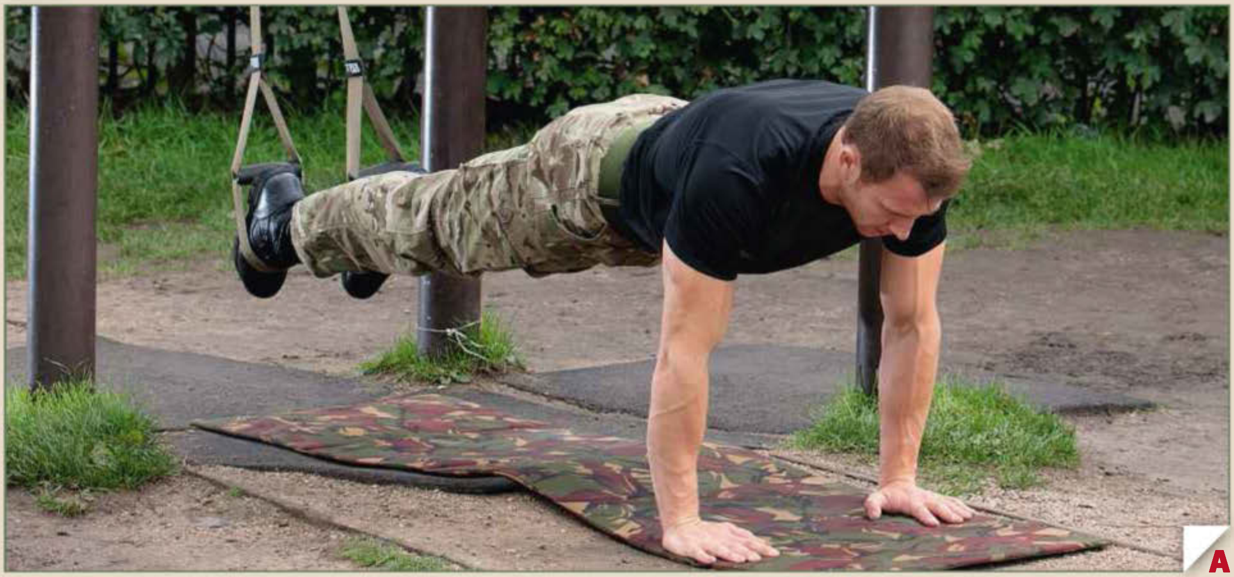
## TRX TRICEPS EXTENSION

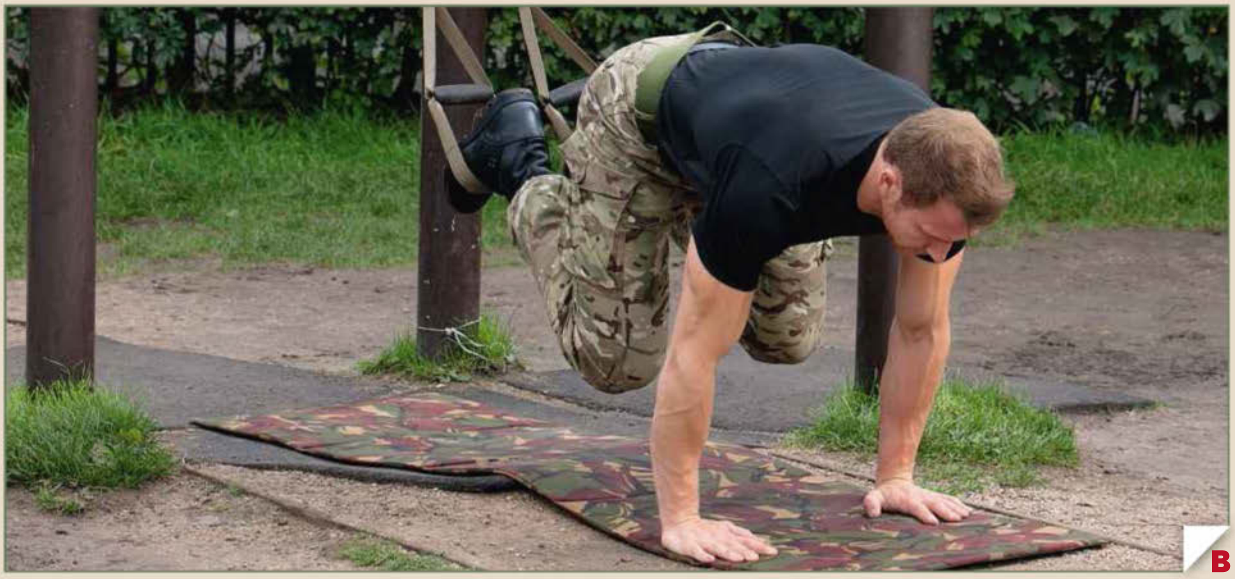




- Hold the TRX handles with your body leaning forward, your elbows bent and your upper arms parallel with the floor.
- Push your body up by extending your arms, keeping your body straight.
- Lower yourself back to the start position by bending your arms, keeping your upper arms parallel with the floor.

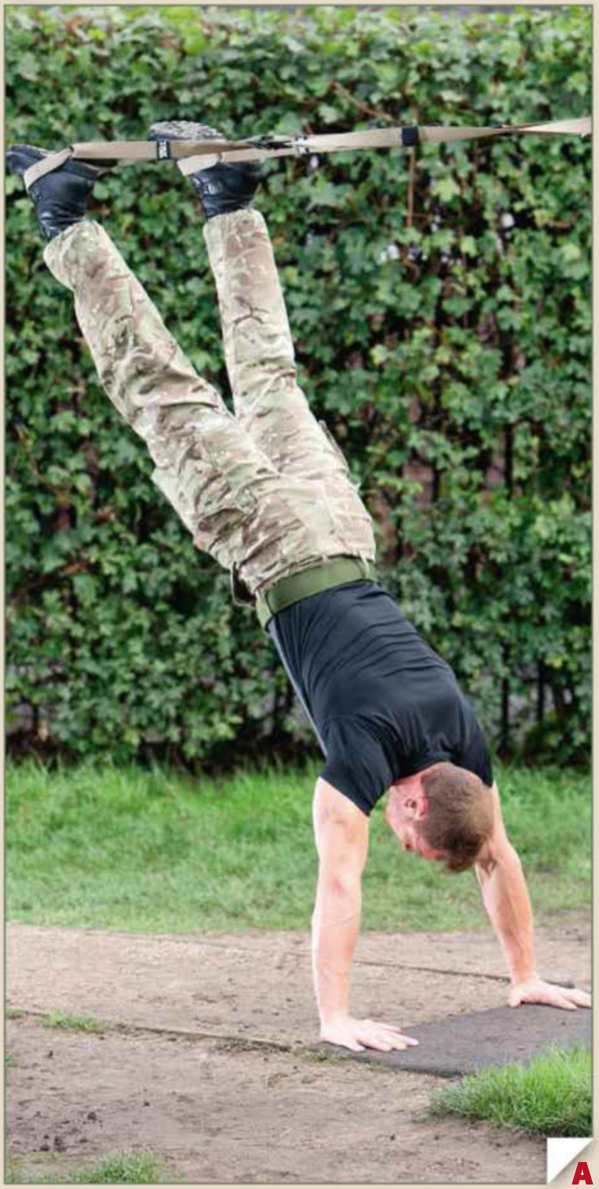
## TRX KNEES TO CHEST

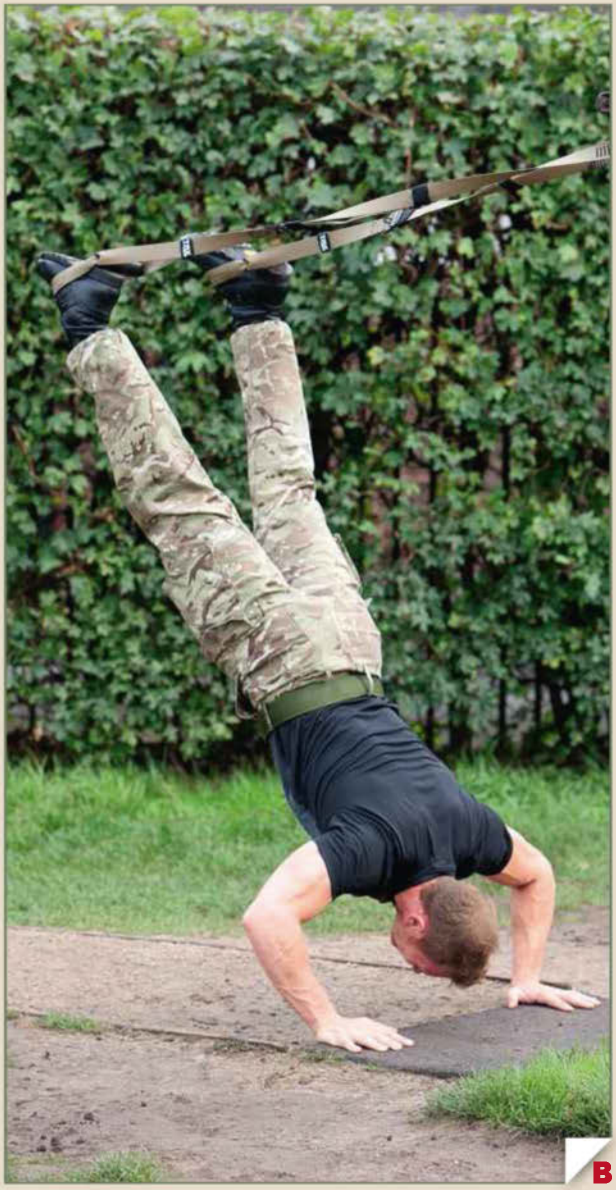




- With your feet in the TRX stirrups, get into a press-up position with your heels, knees, hips and shoulders in line.
- Keeping your shoulders over your hands (not in front of them), pull your knees in to your chest.
- Pause, then extend your legs to return to the start position.

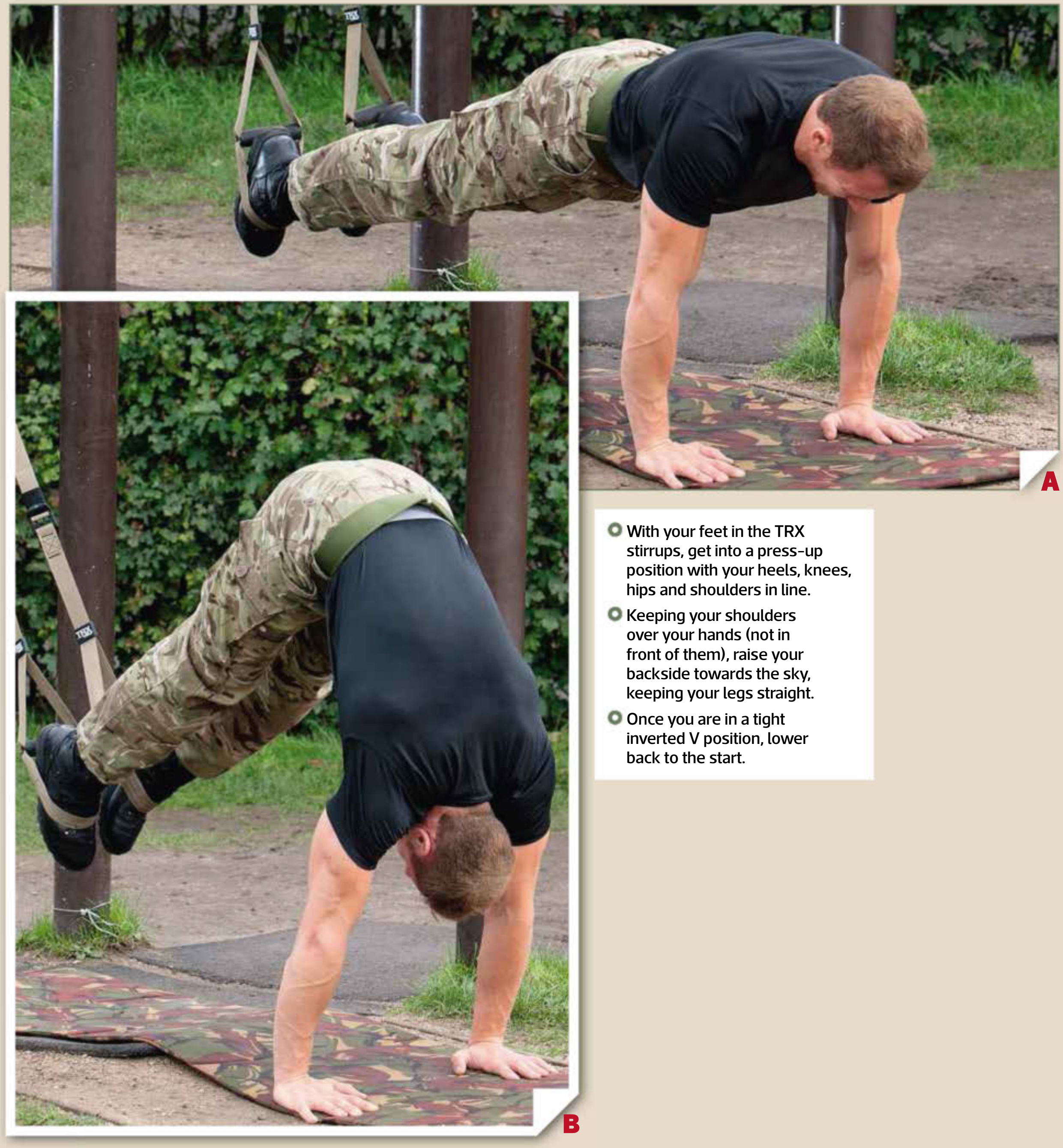
## TRX HANDSTAND SHOULDER PRESS





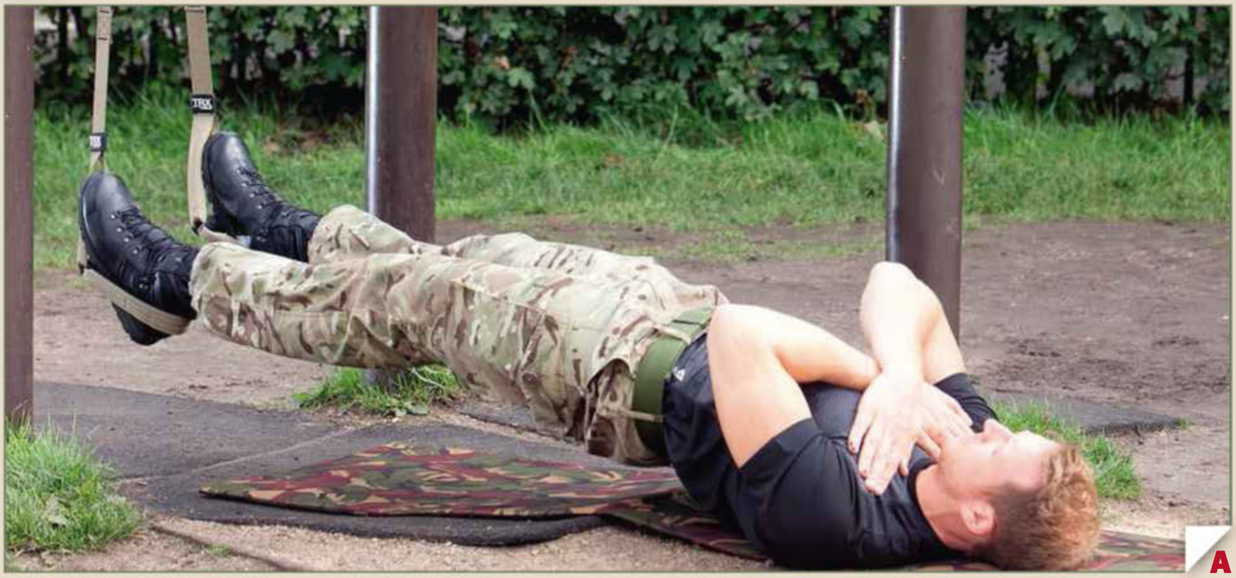
- Get into a press-up position with your feet in the TRX stirrups. Walk your hands backwards to raise your feet as high as you can – the goal being a handstand.
- In a handstand position, lower your head until it's about 10cm from the ground by bending your arms. Keep your core tight.
- Push through your hands to return to the start. You need to keep tension in the TRX throughout to maintain the handstand.

## TRX PIKE



- With your feet in the TRX stirrups, get into a press-up position with your heels, knees, hips and shoulders in line.
- Keeping your shoulders over your hands (not in front of them), raise your backside towards the sky, keeping your legs straight.
- Once you are in a tight inverted V position, lower back to the start.

## TRX HAMSTRING BRIDGE



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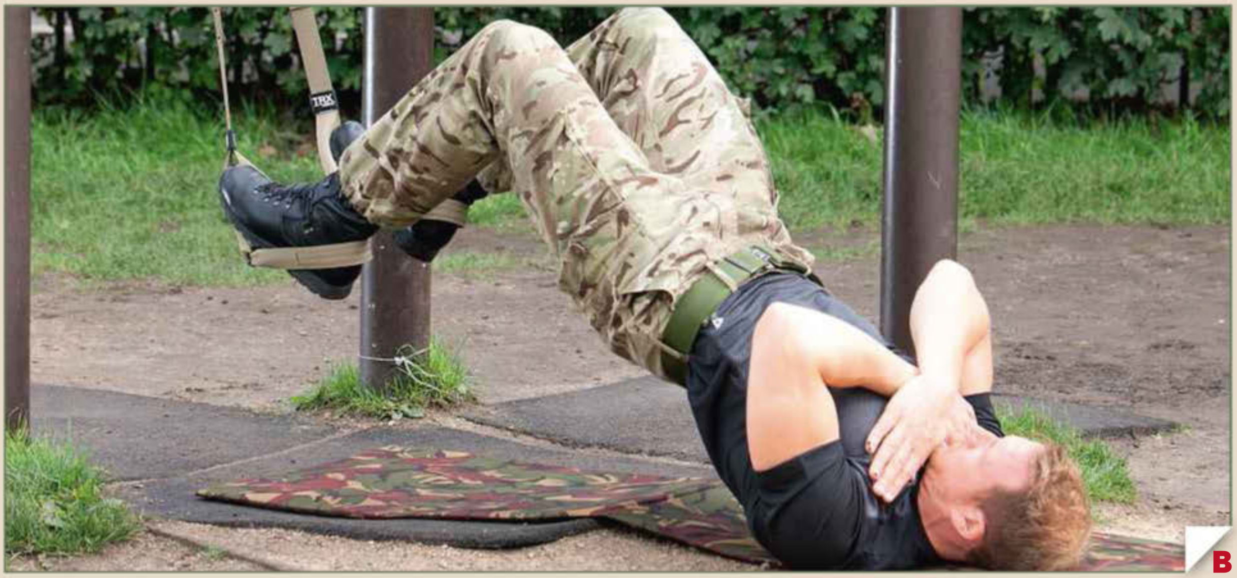
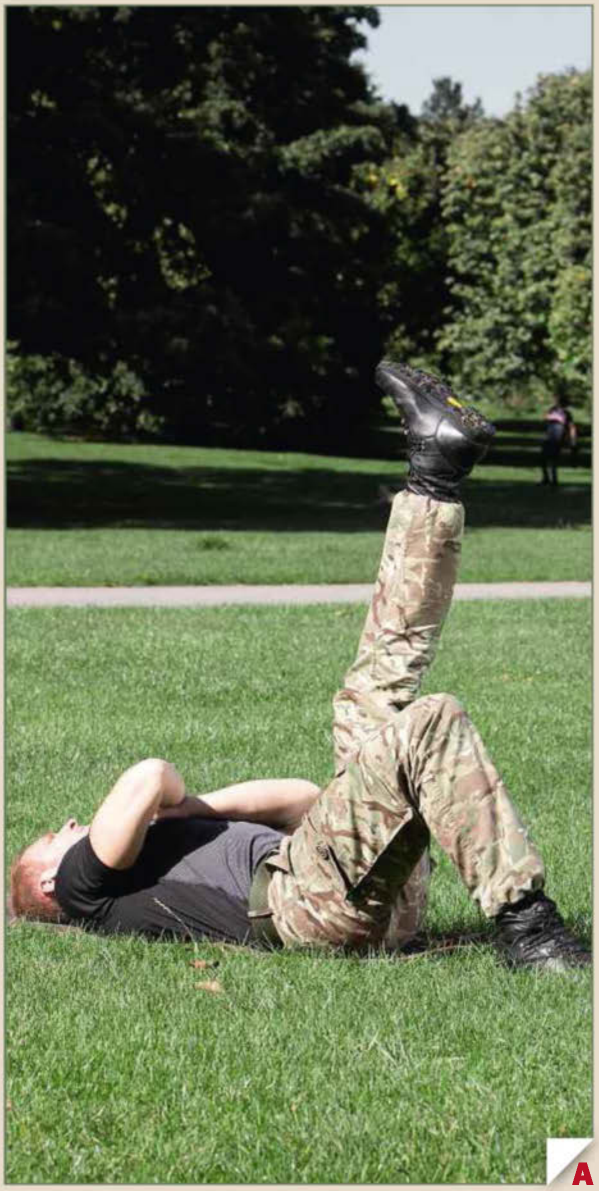


B

- Lie on your back on the floor with your heels in the TRX stirrups. Then lift your hips so they're in line with your shoulders and knees.
- Push your hips up and bend your knees to form a bridge shape.
- Pause for a second, then return to the start.

## SINGLE-LEG GLUTE BRIDGE



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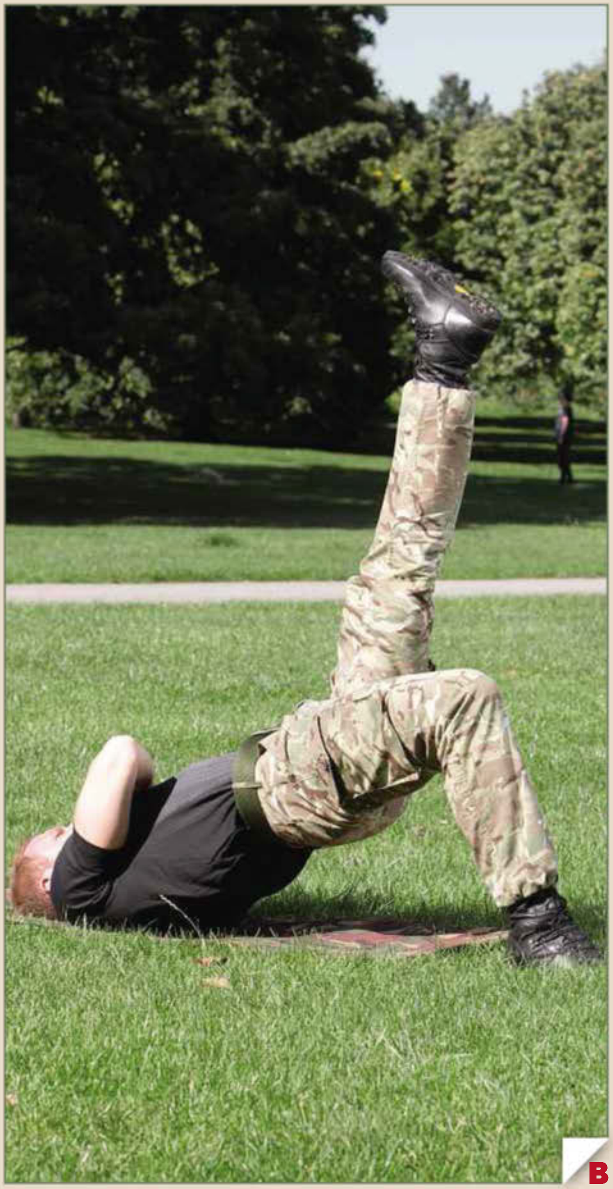
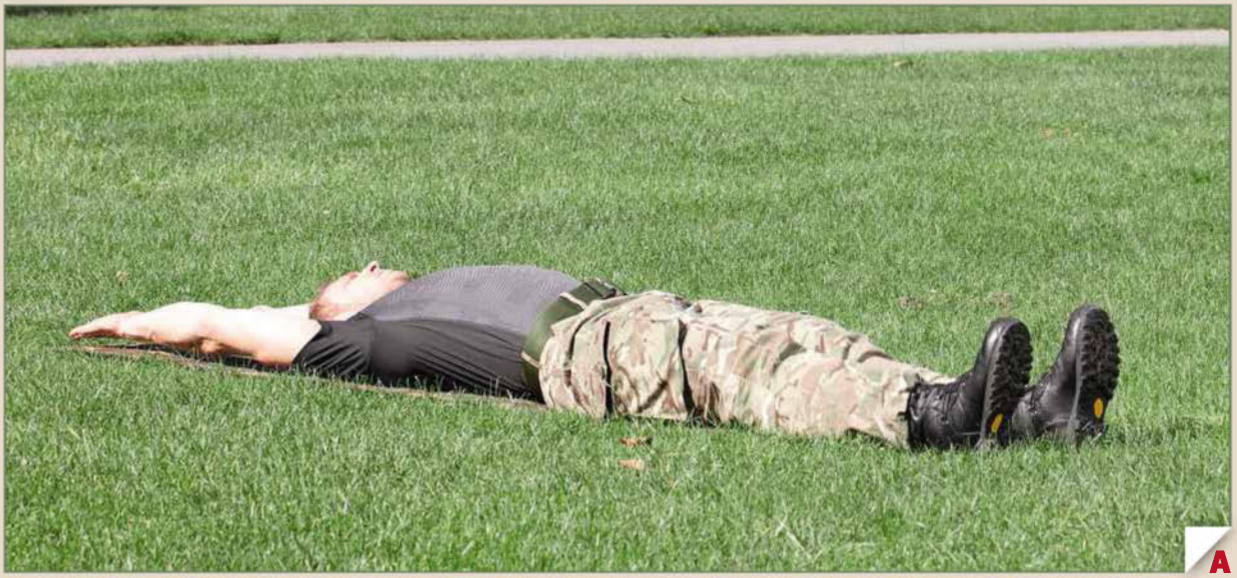
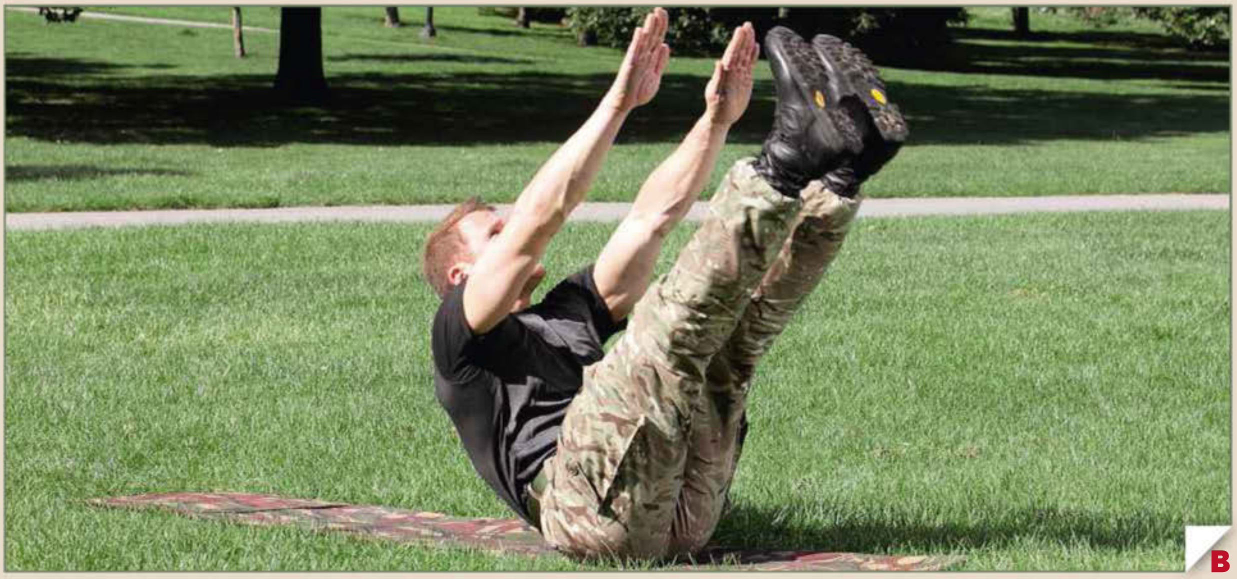


B

- Lie on your back on the ground with your arms crossed over your chest. Lift one leg and bend the other so that your foot is flat on floor.
- Raise your body by pushing down through the bent leg and lifting your hips, keeping your extended leg straight.
- Lower under control to return to the start.
- Complete all the reps on one side before switching to the opposite side.

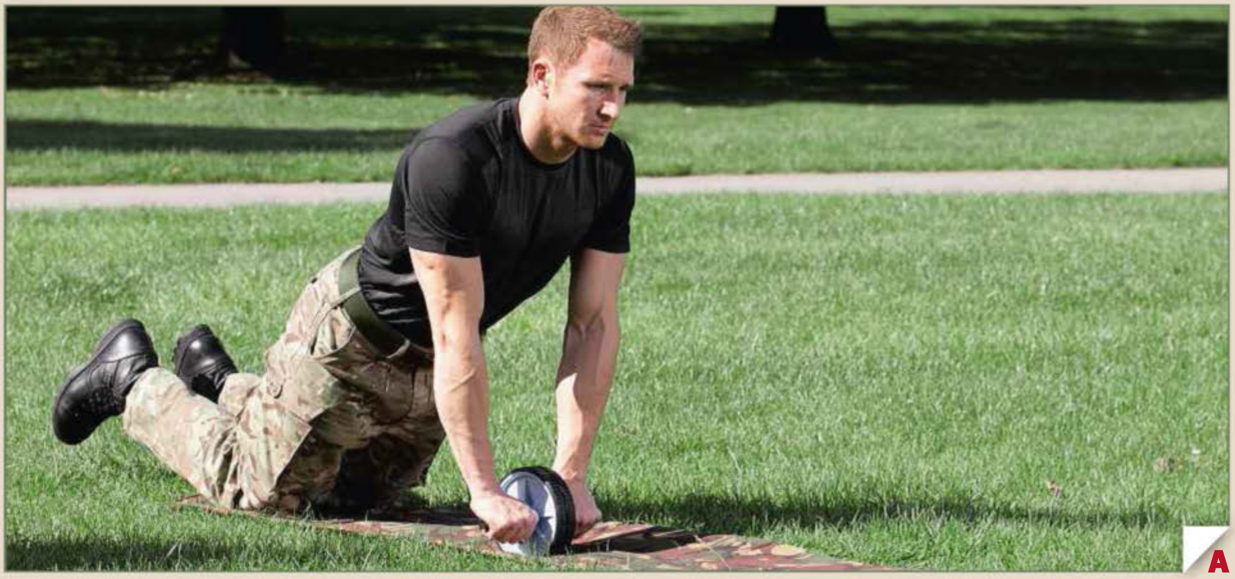
## V-SIT

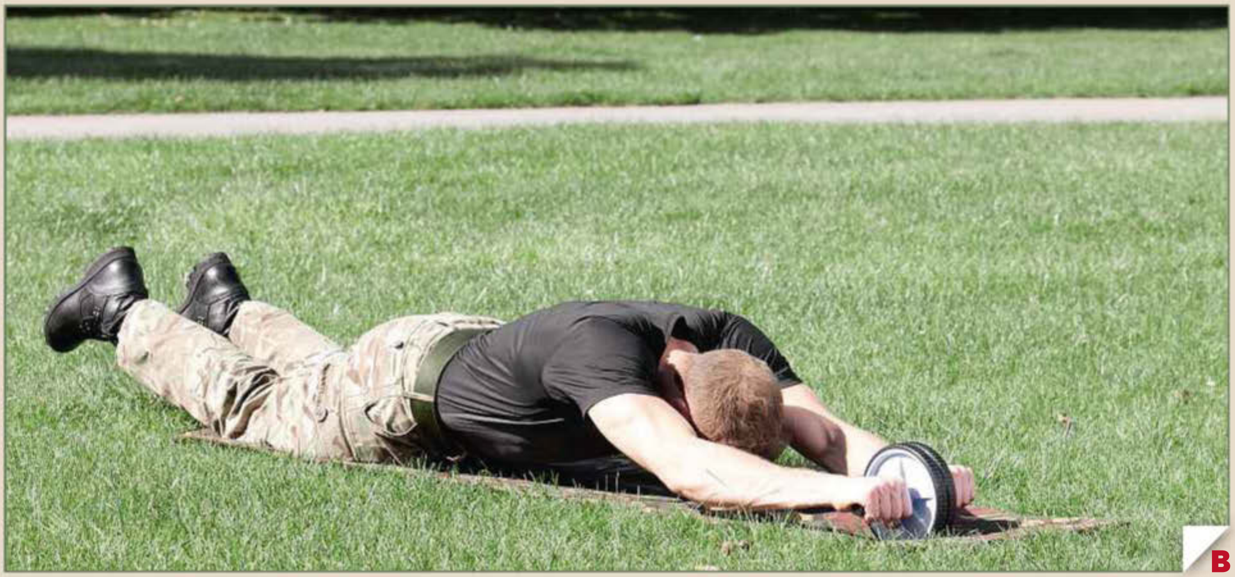




- Lie on your back with your arms and legs stretched out.
- Use your core muscles to bring your arms and legs together above you.
- Once they've touched, lower slowly back to the start position.

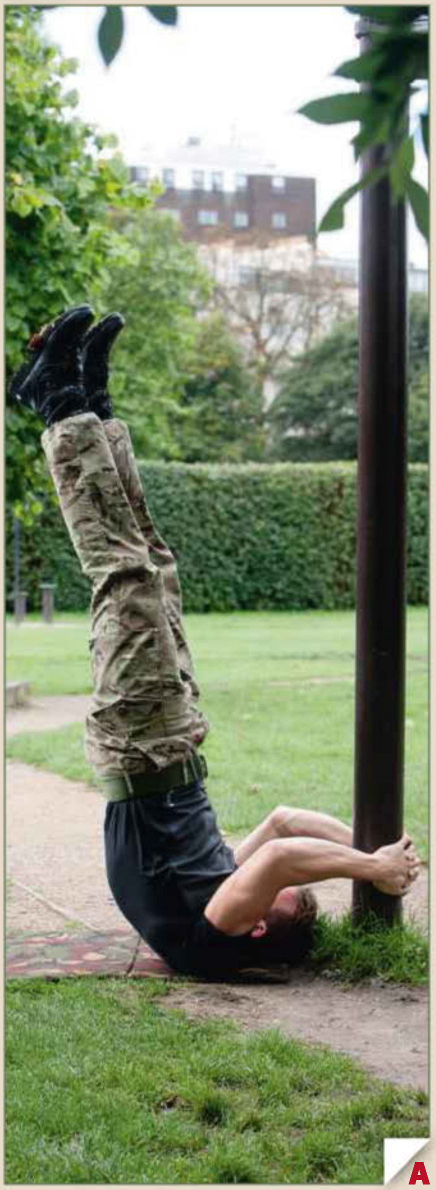
## ABS ROLL-OUT





- Kneel on the floor holding the handles of an abs wheel with an overhand grip. Lean over the wheel with your arms extended and your knees, hips and shoulders in line.
- With your arms straight, roll the wheel out as far as possible, lowering your body.
- Without letting your upper body touch the floor, raise again by flexing your hips and pulling your arms back to the start.

## DRAGON LOWER



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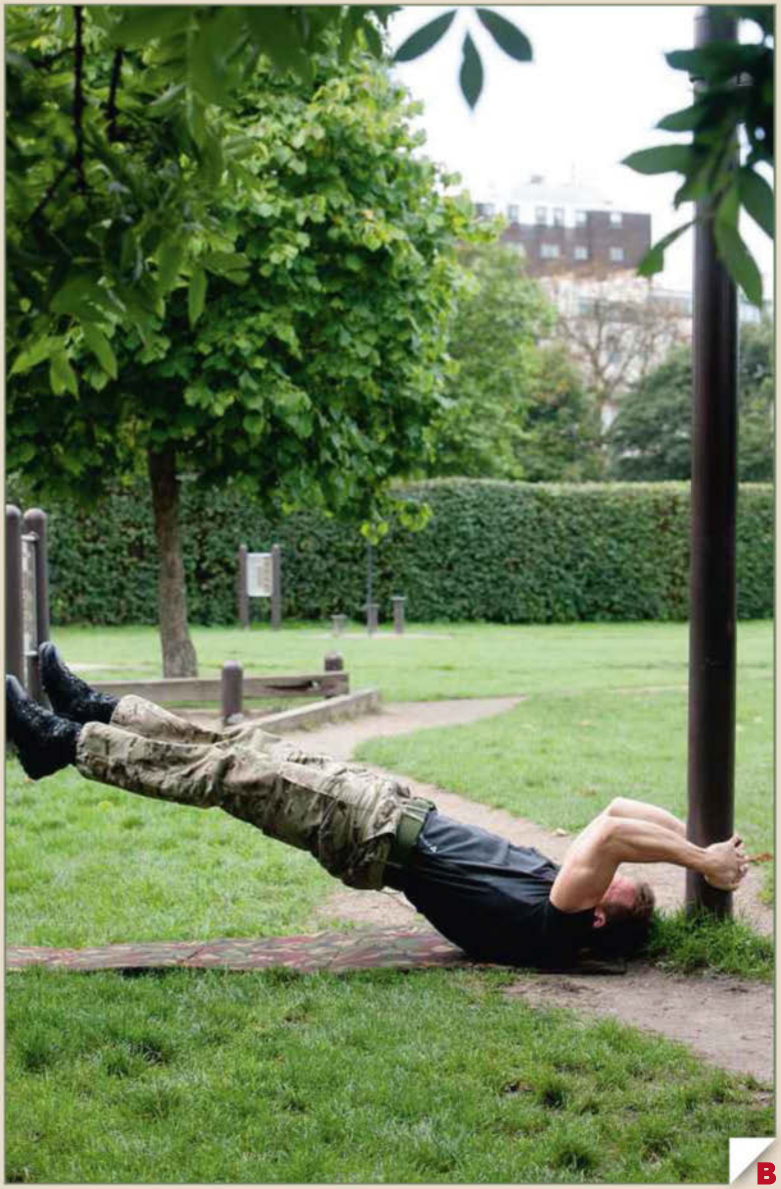
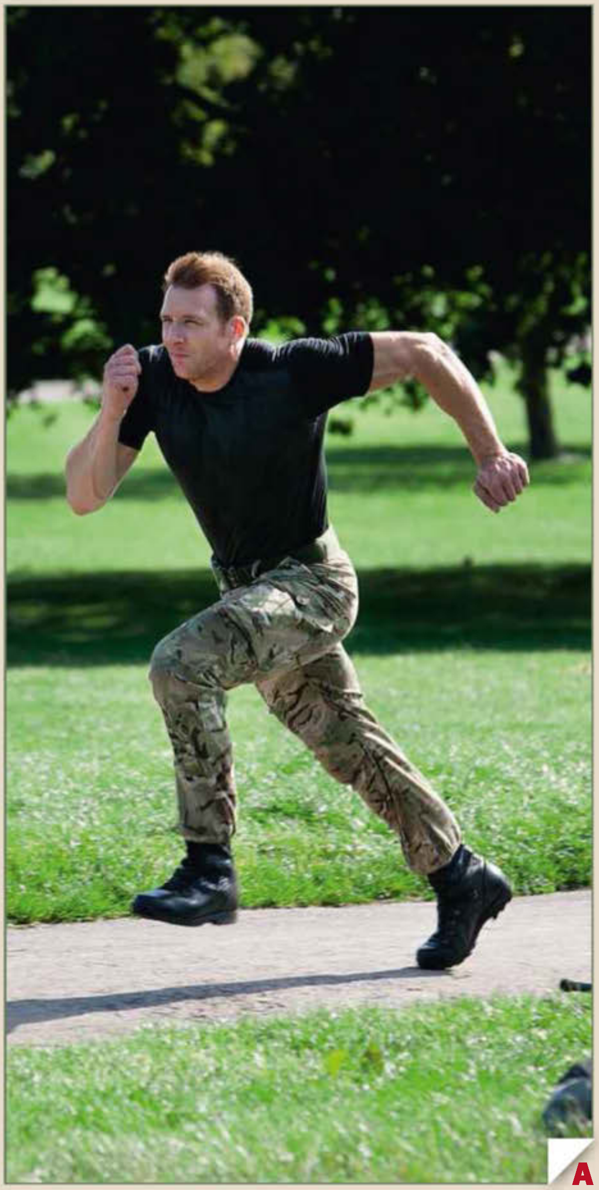
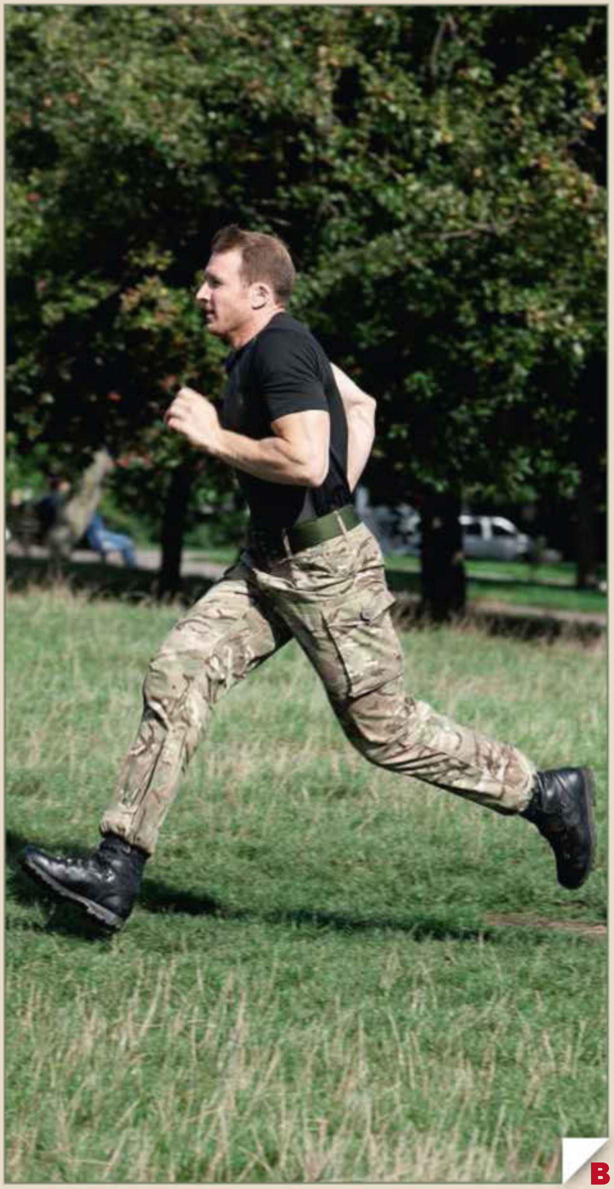


B

- Lie on the floor with your head just in front of a pull-up bar post. Grip the post behind your head with both hands.
- Tense your core and lift your legs so they point up and only your upper back and head are on the floor.
- Lower your feet slowly back to the ground, keeping your body straight.

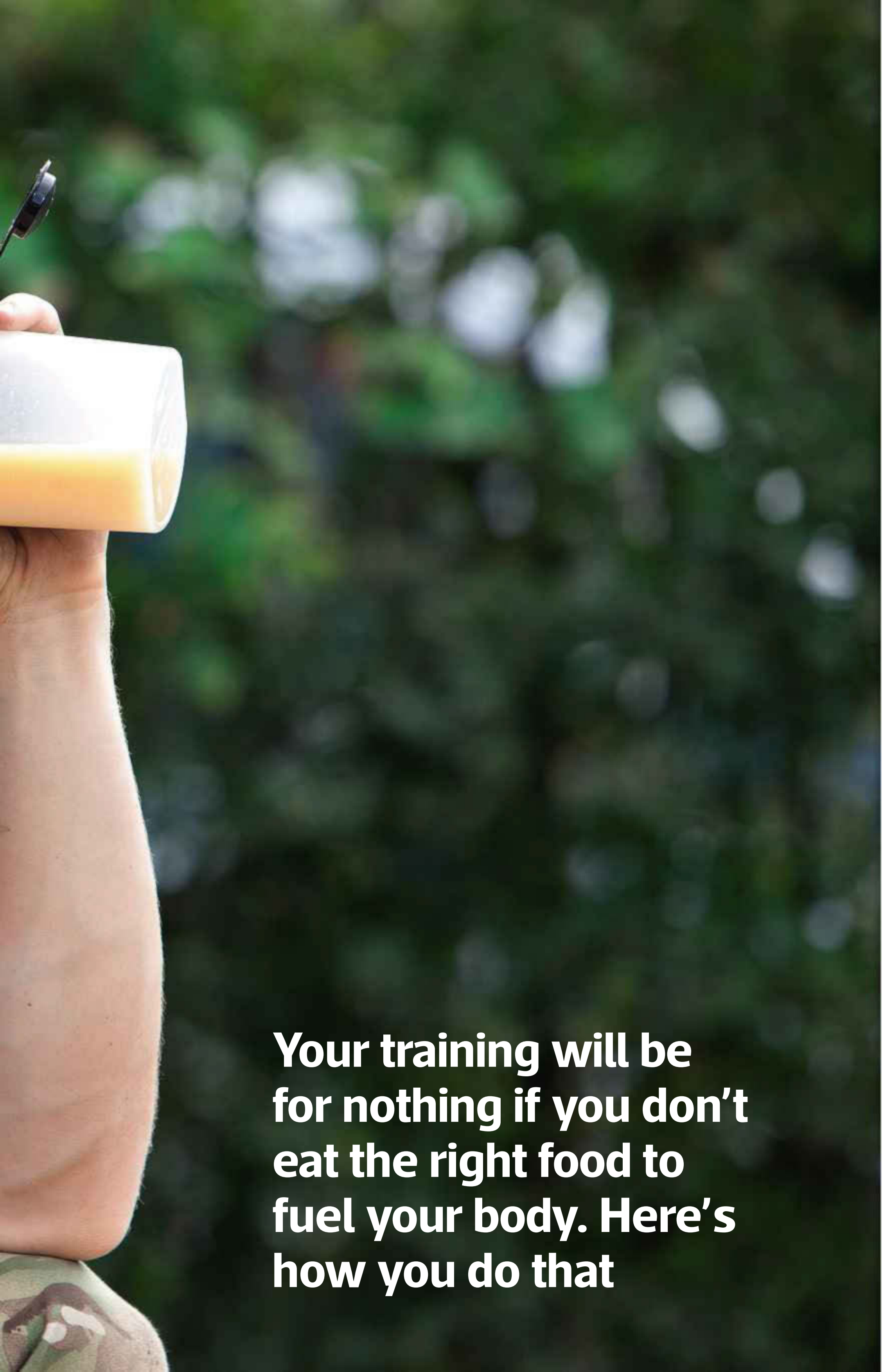
## HILL/STAIR RUN





- Run up stairs, being careful not to trip.
- If you're exercising outside, do hill runs instead.

# NUTRITION



**Your training will be for nothing if you don’t eat the right food to fuel your body. Here’s how you do that**

# FUEL YOUR TRAINING

## The right diet is even more important than the right training programme – you won't maximise your gains without it

**Nutrition is perhaps the most important factor in transforming your body because when done properly it creates metabolic tissue (muscle) and reduces body fat. Lowering your body fat reveals the muscle beneath so that you start to look leaner and more 'ripped'. Meanwhile, creating more metabolic tissue not only means there's more to see but also means there's more demands for calories, which eats into body fat stores, making you leaner still.**

Eating right means consuming adequate protein. Eating 20g every three hours plus 30-50g after exercise is ideal. Studies show that doing this increases muscle building by 40-50%.

You also need to eat minimal carbohydrates most of the time while ensuring that you take in adequate carbs at the right time to fuel intense sessions. This requires careful planning because the body stores excess carbohydrate as fat.

Finally, make sure vegetables such as cauliflower, pak choi, broccoli, spinach, kale and cabbage form a large part of your daily diet, because they have all the vitamins and minerals you need to make the body function correctly. Add some good fats from oily fish and you have a pretty good diet.

In the forces, food isn't really a concern beyond just getting it 'down your neck'. Food is fuel – it's as simple as that. You need to eat a lot and whenever you can because you never know when it might be your last meal for a while. Each of a Marine's three daily meals has a decent proportion of protein, a lot of carbs (for fuel) and plenty of fats.

Ration packs are used on operations, with fresh rations such as fruit, vegetables and bread provided when available. Otherwise boil-in-the-bag or freeze-dried rations are the order of the day. The only consideration when eating rations is to eat all of it. It isn't unusual for soldiers to lose muscle when on rations for a long time. What does that tell us? If you don't take in enough calories and protein, your body will break itself down.

> **'Lowering your body fat reveals the muscle beneath so that you start to look leaner and more "ripped"'**

wellman

# CARB CYCLING

This tactic will help you get all the nutrients you need at the right time to fuel your body transformation

**Eating the right foods is essential for success in this training programme. For the best results, I would suggest following a carb-cycling regime. Although this isn't something you would do in the forces, it works well with the type of training we're doing.**

Carb cycling allows you to trim body fat while maintaining all your hard-earned muscle. What's more, it prevents the metabolic and hormonal drawbacks that affect more extreme – yet more mainstream – dieting. Carb cycling involves consuming different levels of macronutriens on different days. Most importantly you have 'high-carb days' at certain points - and these are days you will learn to love.

> **'For most of the training you're like a commando on rations. But now and then you return to camp and hit the galley'**

Think of it this way: for most of the training you're like a commando in the field on rations. But every now and then you get to return to camp and hit the galley (canteen) for some 'big eats'.

What you do depends on your starting body fat percentage, so get yours measured and take it from there.

## BODY FAT 15% OR MORE

If your body fat is over 15-20%, you should have two high-carb days a month. This will ensure that for most of the time you're in a calorie deficit. For all but two days a month, eat a fat-loss diet of 22-26 calories per kilo of bodyweight, with 30% coming from good fats (oily fish, eggs, nuts, avocado), 2.5g-3g per kilo of bodyweight from protein and the rest from carbohydrate (including veg). Eat this way both on training and non-training days.

On one or two days each month, raise your calorie intake to maintenance levels or higher: 34-36 calories per kilo of bodyweight. Keep the number of calories from fats and protein the same but increase the level of carbs to make up the excess. Carbs increase your levels of leptin – a key hormone that lets your brain know when you have eaten enough – more effectively than fats or protein, which is why excess calories should be mostly carbohydrate based. The only other rule is that these high-carb days must also be days on which you have intense training sessions – a leg session, an interval (HIIT) day or a full-body day.

## BODY FAT 10-15%

You should have one big carb day every week. As with the previous example, you should eat 22-26 calories per kilo of bodyweight on

**TOP TIP**

**Get the free MyFitnessPal app on your smartphone and log everything you eat. It has a barcode scanner and a huge database of nutritional information, and you can adjust the portion size for weights and sizes that aren't in it. It's the best tool I've found for seeing how much carbohydrate there is in an apple or sweet potato, say.**

most days, with your food coming from the same ratios of protein, fats and carbs. On your weekly high-carb day (which should coincide with your leg or interval training day), raise your calorie intake to 34 per kilo of bodyweight, with the increase coming mostly from carbohydrate.

## BODY FAT UNDER 10%

If you have 10% body fat or less, you should have a high-carb day twice a week, keeping everything else the same as in the previous two examples. Again, time your high-carb days to coincide with your most intense training days, such as legs or intervals.

## HOW TO CALCULATE YOUR CARBS

Does this sound complicated? It isn't really. Let's take the example of a 100kg man.

## NORMAL TRAINING DAY

On a normal training day he needs 26 calories per kilo of bodyweight
100 x 26 = 2,600 calories in total

## FATS

30% of this must come from fats
30% of 2,600 = 780 calories
A calorie of fat is 9g, so 660 ÷ 9
= 86.7g of good fats per day

## PROTEIN

He needs 3g per kilo of bodyweight
3 x 100 = 300g of protein
Treat 2.5g per kilo as a minimum, so this could be 250g if necessary.

## CARBOHYDRATE

So far the 100kg man has:
86.7g fat = 780 calories
300g of protein (4g per calorie) = 1,200 calories
1,200 + 780 = 1,980 calories
Daily intake 2,600 – 1,980 = 620
Carbs, like protein, are 4g per calorie, so 620 ÷ 4 = 155g carbs

## HIGH-CARB DAY

On a high-carb day his calorie needs increase to 34 per kilo of bodyweight
100 x 34 = 3,400 calories
780 calories fat + 1,200 calories protein stays the same at 1,980 calories
3,400 - 1,980 = 1,420 calories carbs
1,420 ÷ 4 = 355g carbs

> **'Carbs increase your levels of leptin – a key hormone that lets your brain know when you have eaten enough'**

## 10 RULES TO FOLLOW WHEN EATING FOR FAT LOSS AND MUSCLE

1 **Be consistent.**

2 **Drink lots of water.**

3 **Eat protein every three hours.**

4 **Eat lots of vegetables.**

5 **Eat a piece of fruit after training to refuel the muscles.**

6 **Prioritise vegetables over fruit.**

7 **Prioritise berries over other fruit.**

8 **Save 'bad' foods for high carb days.**

9 **Eat 'bad' foods straight after training on high carb days.**

10 **Choose carbs such as wholegrain basmati rice, oatmeal, couscous, sweet potato, rice cakes, Ryvita and oatcakes.**

# SAMPLE MEAL PLAN 1
## NORMAL CARB DAY

### 0630 PRE-BREAKFAST SUPPLEMENTS
Protein shake (20-40g whey)
Vitamin D
Fish oil
Multivitamin

### 0730 BREAKFAST
Hamburgers (home-made, if possible, with chillies and seasoning ground in)
Scrambled eggs
Spinach

### 1000 MID-MORNING SNACK
Chicken breast
Celery sticks
100% peanut or other nut butter

### 1300 LUNCH
Salmon
Kale
Avocado

### 1600 MID-AFTERNOON SNACK
Cottage cheese
Rice cakes

### PRE-WORKOUT SMOOTHIE
Handful of strawberries
½ avocado
50g spinach
10g honey
20g whey protein
5g creatine
Water to taste

### DURING WORKOUT
Water

### POST-WORKOUT SHAKE
30g whey
20g casein
5g creatine
1 banana

### 2000 DINNER
Quinoa
Tuna
Broccoli
Cauliflower
Mixed beans or pulses
Chillies

### 2200
Casein shake
Handful of almonds and blackberries

### 2300 SUPPLEMENT
ZMA or magnesium spray (a supplement bought in spray form that you apply behind the knees)

MAX
1500
1250
ml

# SAMPLE MEAL PLAN 2

## HIGH-CARB DAY

### 0630 PRE-BREAKFAST SUPPLEMENTS

Protein shake (20-40g whey)
Vitamin D
Fish oil
Multivitamin
Water

### 0730 BREAKFAST

Porridge (made with water) with 20-40g whey, strawberries and raspberries

### 1000 MID-MORNING SNACK

Sweet potato chips
Turkey strips
Broccoli and cauliflower florets
Hummus or guacamole dip

### 1300 LUNCH

Salmon
Basmati rice
Spinach

### 1600 MID-AFTERNOON SNACK

Cottage cheese
100% peanut butter
Rice cakes

### PRE-WORKOUT SHAKE

20g whey
5g creatine

### DURING WORKOUT

Water

### POST-WORKOUT SHAKE

30g whey
20g casein
5g creatine
1 banana

### 2000 DINNER

Turkey mince chilli
2 sweet potatoes, mashed
Kidney beans, peas
and green beans

### 2200

Porridge and casein with blueberries

### 2300 SUPPLEMENT

ZMA or magnesium spray

# FOOD OPTIONS

Not sure which foods count as which type of macronutrient? Here's our guide

## PROTEIN

- Chicken breast
- Chicken thighs (with skin on once or twice per week)
- Turkey breast
- Turkey mince
- Lean beef mince
- Steak
- Lean gammon
- Lean ham
- Lean pork
- Tuna
- Salmon
- Mackerel
- Sardines
- Trout
- Haddock
- Cod
- Pollock
- Prawns
- Crab
- Eggs

## DAIRY

- Greek yogurt
- Cottage cheese
- Whole milk (more nutritious than skimmed or semi-skimmed)

## PROTEIN SUPPLEMENTS

- Whey protein isolate (concentrate if on a budget)
- Casein protein
- Soya/egg/hemp/pea protein (if vegetarian)

## OTHER SUPPLEMENTS

- Multivitamin
- Vitamin D
- Omega 3 fish oil
- ZMA or magnesium spray
- Creatine

## CARBOHYDRATE

- Sweet potatoes
- Porridge/oatmeal
- Quinoa
- Jasmine rice
- Basmati rice
- Rye crispbread
- Rice cakes
- Plain popcorn

## VEGETABLES

- Broccoli
- Cauliflower
- Pak choi
- Spinach
- Kale
- Green beans
- Asparagus
- Peas
- Brussels sprouts
- Aubergine
- Courgette
- Squash
- Stir-fry bags
- Mixed green salad

### FRUIT

Don't go overboard on fruit because it's relatively high in sugar. Berries are the best form to eat. If you want more vitamins and minerals, vegetables are often a better choice.

- Blueberries
- Strawberries
- Raspberries
- Blackberries
- Cherries
- Grapes
- Apples
- Bananas (post-workout only – their serotonin can make you feel sleepy)
- Peach
- Pear
- Kiwi fruit
- Pineapple

### FATS

- Oily fish (salmon, mackerel, trout, sardines especially)
- Avocado
- Nuts and 100% nut butters (none with hydrogenated oils)
- Coconut oil
- Olive oil
- Dairy
- Fish oil capsules

## SUPPLEMENTS

**People get far too wrapped up in supplements. As the name indicates, they're supplementary to your diet – they aren't the main event and can only help you obtain a goal. They can't do the work for you. In Royal Marine commando recruit training, the recruits aren't allowed to take supplements, yet they still manage to build lots of lean muscle. I'm not saying supplements are not valuable – I believe they can be a great asset – but a commando can't always take them during operations, so it's good for the body to be able to repair and grow without them.**

**As for which supplements to take during this programme, we want to protect current muscle and gain more. We also want to lower body fat and ensure a strong immune system and bodily functions. With that in mind, here's what I advise.**

**1 WHEY PROTEIN (isolate if possible for fast digestion).**
**One scoop before training and 1-1.5 scoops after training**

**2 CASEIN PROTEIN (slow digesting)**
**One scoop before bed**

**3 OMEGA 3 FISH OIL**
**One tablet a day**

**4 MULTIVITAMIN**
**One tablet a day**

**5 CREATINE**
**Between ½ and one scoop after training (you can try it before training too to see if it improves your energy levels)**

**6 VITAMIN D**
**One tablet a day in winter**

**7 ZMA OR MAGNESIUM**
**One spray a day**

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# MILITARY FITNESS

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